



BOWEL RESECTION

DAY 1 AFTER SURGERY

DAY: _____

DATE: _____

THINGS TO EXPECT TODAY

- You may be transferred to a room on a patient unit, where your nurses will closely monitor your condition.
- You have various tubes, catheters and IV's. You can expect that they will be removed over the next few days.
- You will have blood tests done.
- The dressing over your incision may be changed.
- You will be helped out of bed to the chair.
- Your nurse will ask you to cough, deep breath and use the incentive spirometer.
- You will have pain medication available. In many cases, it will be given through a pump called a PCA that you control.

THINGS WE WILL HELP YOU DO TODAY

Morning

Do the coughing and deep breathing exercises that your nurse will demonstrate.

Use your incentive spirometer at least ten times every hour while you are awake. How high did you get the incentive spirometer this time? _____

Tell your nurse if you are having pain.



Afternoon

Your nurse will help you sit in a chair.
Use your incentive spirometer at least ten times every hour while you are awake.
Also, do the coughing and deep breathing exercises.

Evening/Nights

You may be helped to sit in the chair again! If you have pain, tell your nurse.
Use your incentive spirometer at least ten times every hour while you are awake. How high did you get the incentive spirometer this time?_____ Follow with coughing and deep breathing exercises.
The nursing staff will be making rounds. If you need something, please ask.

GREAT JOB! HAVE A GOOD NIGHT'S SLEEP!



BOWEL RESECTION

DAY 2 AFTER SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You have various tubes, catheters and IV's. You can expect that some of them may be removed today.
- You will have blood tests done.
- You may have the dressing over the incision changed.
- You will be helped out of bed to the chair.
- You may be visited by a Physical Therapist who will help you with deep breathing and coughing exercises. Your nurse will continue to help with this also.
- Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery.
- The doctors, nurses and social workers will meet with you and your family to continue planning for your discharge.
- You may be given pain medication in pill form. Let your nurse know if you have pain.

THINGS TO DO TODAY

Review the **While In The Hospital** section in the patient information packet.

Morning



Bowel Resection

May 1999

Sit in the chair. Do the "marching in place" exercises your nurse showed you yesterday. You may be given clear liquids for meals.

Use your incentive spirometer at least ten times per hour while you are awake -- How high did you get the incentive spirometer this time? Continue to do your breathing exercises (coughing and deep breathing) as these activities are a very important part of your recovery! Save all urine to be measured if the catheter in your bladder has been removed. Increase your physical activity as directed by your nurse. Try to walk around the unit with your nurse's help. It is important that we know when your normal bowel activity has returned. Let your nurse know if you expel gas.

Afternoon

Sit in the chair. If you have pain, tell your nurse. Use your incentive spirometer at least ten times every hour while you are awake. While you are out of bed, perform "marching in place" exercises your nurse taught you to do. Read the **While in the Hospital** section in your patient information packet. It gives you guidelines on what to expect during your stay in the hospital. It is in the information packet you received at the doctor's office or at Pre-Admission Testing. If you do not have a copy, let your nurse know.



Evening/Nights

Sit in the chair again! Walk, with help around the unit.

Use your incentive spirometer at least ten times every hour while you are awake -- How high did you get the incentive spirometer this time?_____

Make sure your family reads the patient information packet.

The nursing staff will be making rounds. If you need something, please ask.

GREAT JOB! HAVE A GOOD NIGHT'S SLEEP!



BOWEL RESECTION

DAY 3 AFTER SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- The dressing that covers your incision may be changed.
- Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery. Continue to walk around the unit.
- You are expected to review your patient information packet.
- If indicated, you may meet with a nutritionist.
- You may be allowed to shower today.

THINGS TO DO TODAY

Read the **Going Home** section in the patient information packet. Write down any questions that you have.

Morning

Sit in the chair and wash up.

Eat breakfast - you may be allowed solid food today!

Use your incentive spirometer at least ten times every hour while you are awake. How high did you get the incentive spirometer this time?_____

Continue to do your breathing exercises (coughing and deep breathing) and turn side to side while



Bowel Resection

May 1999

in bed as these activities are a very important part of your recovery.

Walk with help outside your room in the hall.

Can you walk farther than you did yesterday?

Afternoon

Sit in the chair and eat lunch. The longer you are out of bed, the better. It helps improve your lungs and circulation.

Use your incentive spirometer at least ten times every hour while you are awake.

It is important that we know when your normal bowel activity has returned. Let your nurse know if you expel gas.

Take another walk in the hallway with family, friends or your nursing attendant.

Look at your incision. It is important that you know what it looks like so you can notice any changes after you go home.

Evening/Nights

Sit in the chair and eat dinner. Unless told otherwise, you can eat anything right now, and it is very important that you eat enough calories and protein so that your wounds are able to heal. Walk in the hallway with assistance. How far did you go today? _____

Reread the information on " **GOING HOME.**" What questions do you have?

Continue to use the incentive spirometer ten times every hour; also cough and deep breathe.

The nursing staff will be making evening and night rounds. If you need something, please ask.



Bowel Resection

May 1999

Sleep well!

GREAT JOB! HAVE A GOOD NIGHT'S SLEEP!



BOWEL RESECTION

DAY 4 AFTER SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You will have morning blood tests done.
- Continue to increase your activity.
- Final discharge plans should be discussed with the doctor , nurse and social worker.
- Information in the Discharge Packet on **Going Home** will be reviewed by your nurse.

THINGS TO DO TODAY

Review your discharge instructions. Read the section on **When To Call the Doctor**. Ask any questions that you or your family members have.

Morning

Shower if your doctor/nurse tell you to do so; if you can't shower yet, wash up.
Ask your doctor if you are going home tomorrow.
Sit in the chair for breakfast and eat something.
Use your incentive spirometer ten times every hour while you are awake -- How high did you get the incentive spirometer? _____ Also continue to do coughing and deep breathing exercises.
Take a walk. Try to increase your activity.
Continue to review your discharge packet.



Bowel Resection

May 1999

Afternoon

Sit in the chair for lunch and eat something -- the better you eat, the better you heal.

Use your incentive spirometer ten times every hour.

Walk with your family or friends around the hallway or out to the solarium for a change of scenery.

Speak with our family/friends about arranging transportation home tomorrow. Your social worker can help arrange it.

Evening/Nights

Continue to use your incentive spirometer ten times every hour.

Walk in the hallway.

Sit in the chair for dinner and eat something.

The nursing staff will be making rounds. If you need something, please ask.

Sleep well!

GREAT JOB! HAVE A GOOD NIGHT'S SLEEP!



BOWEL RESECTION

DAY 5 AFTER SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- You may be discharged. Make sure you have any needed prescriptions.

THINGS TO DO TODAY

Morning

Shower or wash up.

Sit in the chair and have breakfast.

Review and sign the discharge plan with your nurse. Ask any final questions.

Obtain any needed prescriptions.

Find out when you need to return for a follow-up visit.

Make sure you know where to get needed medications and who to call in case of emergency.

GET HOME SAFELY!