



BOWEL RESECTION WITH OSTOMY

DAY 1 AFTER SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You may be transferred to a room on a patient unit, where nurses will closely monitor you.
- You have various tubes, catheters and IVs. You can expect that they will be removed over the next few days.
- You will have blood tests done.
- You will have the dressing over your incision changed or removed.
- You will be helped out of bed to the chair.
- Your nurse will "clap" on your back frequently. You will be encouraged to cough, deep breathe 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. If you have pain, tell your nurse.
- You may be visited by a Physical Therapist who will help you with deep breathing and coughing exercises.
- Your nurse will change the ostomy pouch and wafer and will explain the procedure to you.



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THINGS WE WILL HELP YOU DO TODAY

Morning

- Your nurse will help you out of bed to a chair.
- 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. Space it out over the hour. 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 and show you "marching in place" exercises.
- Use your incentive spirometer at least ten times every hour while you are awake.
- Also, do the coughing and deep breathing exercises.
- Rest is important. Try to take a nap.

Evening/Nights

- You will be helped to sit in the chair again.
- Use your incentive spirometer at least ten times every hour while you are awake.
- Follow with coughing and deep breathing exercises.
- The nursing staff will be making rounds. If you need something, please ask.



BOWEL RESECTION WITH OSTOMY

DAY 2 AFTER SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You have various tubes, catheters and IVs. You can expect that some of them may be removed today.
- You will have blood tests done.
- If you have a dressing over your incision, it may be changed today.
- You will be helped out of bed to the chair.
- Your nurse will encourage you to stay out of bed for longer periods of time. This is an important part of your recovery.
- The Health Care Team 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.
- Your nurse will give you written materials about caring for your stoma. You will also be given supplies so that you can practice handling them.
- Today your nurse will show you:
 1. how to open and close the clamp
 2. how to cut a pattern for the stoma
 3. how to empty the pouch.



THINGS TO DO TODAY

Your nurse will discuss with you plans for learning about caring for your stoma. If a family member or friend will be helping you at home with your stoma, let your nurse know when that person will be available over the next few days so that learning sessions can be scheduled.

You should practice snapping the pouch on and off the wafer and opening and closing the clamp.

Morning

- 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 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!
- If the Foley Catheter has been removed, save all urine to be measured.
- 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 bowel activity has returned. Let your nurse know if your belly begins to rumble, grumble or expel gas.



Afternoon

- Sit in the chair. If you have pain, tell your nurse.
- Use your incentive spirometer 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.
- Ask your doctor about a tentative discharge date.
- Your nurse will give you 2 wafers with patterns on them. Cut them out today. Your nurse will check them tomorrow.

Evening/Nights

- Sit in the chair again. Walk, with help, around the unit.
- Use your incentive spirometer every hour while you are awake.
- Make sure your family reads the discharge packet.
- The nursing staff will be making rounds. If you need something, please ask.



BOWEL RESECTION WITH OSTOMY

DAY 3 - AFTER SURGERY

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- If you have a dressing, it 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.
- Your nurse will show you how to take care of the skin around the stoma.
- Your nurse will demonstrate how to change the pouch and wafer. Follow along by reading the written instructions.
- You may receive a visit by a volunteer from the Ostomy Support Group.
- Your nurse will check the 2 patterns you cut out yesterday.

THINGS TO DO TODAY



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You will empty your pouch and reclamp it with your nurse's supervision. You should do this once every shift.

Watch the video tape on changing the stoma pouch on Closed Circuit TV.

When the nurse changes the pouch, help the nurse snap the pouch on and off the wafer.

Morning

- Sit in the chair and wash up.
- Eat breakfast. You may have solid food today.
- Use your incentive spirometer every hour while you are awake. How high did you get the incentive spirometer this time?_____
- Empty your stoma bag and reclamp it with the nurse's help.
- Continue to do your breathing exercises (coughing and deep breathing) and turn side to side while 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?
- Read the **Going Home** section in the discharge packet. Write down any questions that you have.

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 every hour while you are awake.



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- It is important that we know when your normal bowel activity has returned. Let your nurse know if your belly begins to rumble, grumble or expel gas.
- Take another walk in the hallway with family, friends or your nursing attendant.
- Look at your incision, stoma and the skin around the stoma. It is important that you know what it looks like so you can notice any change after you go home.

Evening

- 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.
- Reread the information on **Going Home**. What questions do you have?
- Walk in the hallway with assistance. How far did you go today?_____
- Your nurse will watch you empty your stoma pouch and reclamp it.
- Continue to use the incentive spirometer 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 WITH OSTOMY

DAY 4

DAY: _____

DATE: _____

THINGS TO EXPECT TODAY

- You will have morning blood tests done.
- Continue to increase your activity.
- Your nurse will help you change the wafer and watch you measure the stoma, remove the wafer and clean the area around the stoma.
- Discharge plans should be discussed with the Health Care Team.
- Information in the Discharge Packet on **Going Home** will be reviewed by your nurse.
- You may receive a visit from a volunteer from the Ostomy Support Group.

THINGS TO DO TODAY

Today, you will empty your pouch independently. Your nurse will check it afterwards.

In addition, you will change the wafer and pouch with your nurse's help. Follow the written instructions you were given.

Continue to empty the pouch every shift.

Review the information in your packet about **When To Call The Doctor**.



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Morning

- Shower if your doctor or nurse tells you. If you need help, please ask. If you can not shower yet, wash up.
- Sit in the chair for breakfast and eat something.
- Use your incentive spirometer 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.

Afternoon

- Sit in the chair for lunch and eat something -- the better you eat, the better you heal.
- Use your incentive spirometer 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. Discharge usually takes place about 9 a.m.
- Continue to practice snapping the pouch onto the wafer and attaching clamp.

Evening/Nights

- Continue to use your incentive spirometer 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.



BOWEL RESECTION WITH OSTOMY

DAY 5

DAY: _____ **DATE:** _____

THINGS TO EXPECT TODAY

- You will have morning blood tests done.
- Continue to increase your activity.
- Your nurse will watch you change the pouch.
- Final discharge plans should be discussed with the Health Care Team. Your Social Worker will inform you of companies where you can get supplies and help with the initial order.
- Information in the Discharge Packet on **Going Home** will be reviewed by your nurse. Your Social Worker can assist with home care needs and other issues.

THINGS TO DO TODAY

Today, you will empty your pouch by yourself.

Your nurse will watch you change the wafer and pouch. Make sure that when you change the pouch, you examine the stoma for any changes.

Review the information in your packet about **When To Call The Doctor or Wound, Ostomy and Continence Nurse.**



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 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.
- Make sure you get the numbers for the supply vendor and home care agency.

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. Have them take some of your belongings home today.

Evening/Nights



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- Continue to use your incentive spirometer 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.



BOWEL RESECTION WITH OSTOMY

DAY 6

DAY: _____

DATE: _____

THINGS TO EXPECT TODAY

- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- Your nurse/social worker will confirm a visit by a visiting nurse for tomorrow.
- You will be discharged.
- Your nurse will give you the following supplies to take home:
 5 pouches, 3 wafers and 3 clamps.

THINGS TO DO TODAY

Before going home, you will change the wafer and pouch. The nurse will check it afterwards.

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 supplies, and who to call in case of emergency.



GET HOME SAFELY!