



A Guide to Your Bowel Surgery

Please bring this booklet with you to all appointments

Your Operation is on: _____

Arrive at the Hospital at: _____

Your Surgeon is: _____

Your Surgery will take place at:

GENERAL HOSPITAL 3050 Lawrence Ave East
Scarborough, ON

BIRCHMOUNT HOSPITAL 3030 Birchmount Ave
Scarborough, ON

If you do not speak English, please bring someone to translate for you
or ask about translation services

Getting ready for your Surgery

Exercise will help make sure your body is as fit as possible for your surgery



Stopping Smoking will reduce the risk of lung problems after surgery



Do not drink alcohol 24 hours before surgery



Plan ahead to make sure everything is ready for you to go home after surgery. You may need more help from family or friends with bathing, meals, laundry, cleaning, etc.

Organize your ride home. Usually patients go home **three or four days** after surgery. Let your doctor or nurse know if you have worries about going home.



Things to Bring to the Hospital

On the day of your Surgery

You **must** bring:

- This pamphlet
- Ontario Health card and any other insurance cards
- Bathrobe, slippers, loose comfortable clothing
- If you do not speak English, please bring someone to translate for you

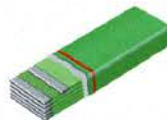
□ A list of your medications and all medications in the original containers. This includes over-the-counter and herbal medications.



□ If you wear glasses, contacts, hearing aids or dentures, please bring the appropriate containers with your name on them.



□ 2 packs of gum (any kind)



□ Please leave all jewelry and valuables at home. The hospital is **not** responsible for lost or stolen items.

Before your Surgery

Can I eat or drink the day before my surgery?

You can have clear fluids the **day before** surgery such as water, clear juices, jello, broth, coffee or tea, candies, honey, (no milk)



You can eat or drink anything the **day before** your surgery



Do I need to take a bowel prep?

Some people need to have a bowel prep the day before their surgery, some need enemas a few hours before their surgery and some patients need nothing. Your surgeon will decide what you should have. The nurse in the pre-admission clinic will review your diet and preparation needed.

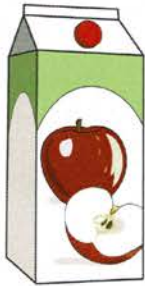
I need to :

Start Bowel Prep at

No Bowel Prep Needed

Evening Before Surgery

You should drink one of these carbohydrate drinks (juices) the evening before your surgery. Choose one of the drinks below. The amount next to the drink is the minimum amount you must drink before your surgery.



Apple Juice

Evening Before: 700 mL

Morning of: 400 mL

OR



Cranberry Juice

Evening Before: 700 mL

Morning of: 400 mL

Day of Surgery

- Take a shower or bath and wear freshly washed clothes.
- Do not wear any make-up or nail polish.
- Remove all jewelry and leave at home.
- Do not put on any lotions, creams or perfume.

Take the following medication
(with a sip of water)



Do **NOT** take the following medication



If your health changes between your preadmission clinic visit and the day of surgery, contact your surgeon.

Your Surgeon will decide what to do.

If you are sick on the day of your surgery, please call the Day Surgery Unit

GENERAL 416-438-2911 ext. 2314

BIRCHMOUNT 416-495-2569

Morning of Surgery

Can I eat or drink the morning of my Surgery?



If you are allowed to eat solid food on the day before your surgery, you should stop eating solid food at midnight.

Clear Fluids may be taken after midnight.



You should drink your 400mL of carbohydrate drink (juice) 3 hours before your time of surgery.



Stop drinking clear fluids **3 hours before** your expected time of surgery. For example, if your surgery is scheduled for 11AM, **stop drinking** fluids at 8AM

After the Surgery

You will wake up in the recovery room (called Post Anesthetic Care Unit—PACU)

You will have:

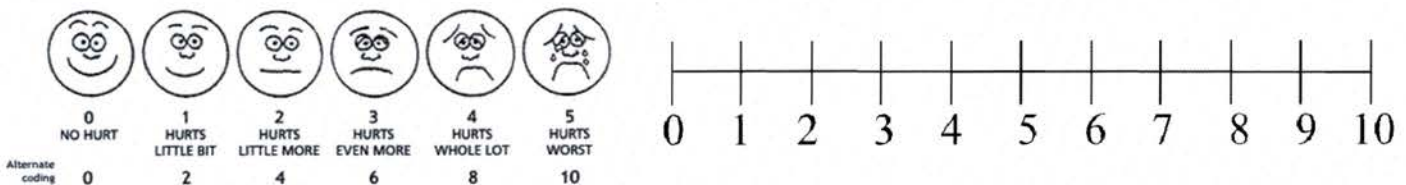
- ◆ an intravenous to give you fluids and medications
- ◆ a urinary tube or catheter to drain the urine out of your bladder after the surgery
- ◆ An oxygen mask that will be removed before transferring you to your room
- ◆ Pain medication through the intravenous or through a tube in your back (epidural)

The nurse will:

- ◆ Check your pulse, blood pressure and other vital signs often
- ◆ Check your bandage and ask you about pain

Pain Control

The nurse will ask you about your pain on a scale of 0-10. The goal is to keep your pain below 4/10.



When your pain is relieved you will be able to:

- ◆ Move more easily
- ◆ Breathe easier
- ◆ Sleep better
- ◆ Return to your normal routine sooner

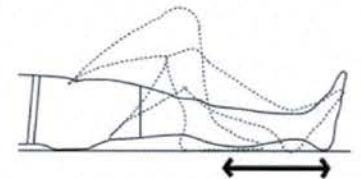
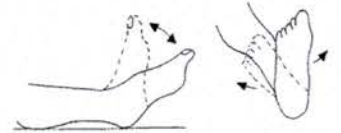
Exercises

You should get moving as soon as you wake up from surgery. Not moving after your surgery and lying in bed can cause many problems such as blood clots, lung problems or loss of muscle strength.

Leg exercises

Do the following exercises slowly but with strong muscle contraction:

- ♦ Without bending your knees, push the toes of both feet towards the foot of the bed. Count to five then relax both feet. Now pull your toes toward your chin. Count to five then relax both feet.
- ♦ Make a circular motion with both ankles, first to the right five times then to the left five times. Relax.
- ♦ Bend each knee alternatively, sliding your foot up along the bed. Relax. Then slide your foot back down.



These exercises should be done every 1 - 2 hours while in bed

Deep Breathing and Coughing exercises

Take a deep breath and cough using a pillow or blanket to support your incision.

Deep breathing and coughing exercises will reduce the risk for pneumonia. Do your breathing exercises at least 10 times every hour while awake.



Activity

The day of your surgery, your nurse will help you sit and dangle your legs at the bedside

The day after your surgery, and every day after that, you should be getting up to a chair with the assistance of your nurse to eat each of your meals. You should try to walk at least **3 times** per day.

Once your urinary catheter has been removed, you should be getting up to the bathroom to urinate instead of using a bedpan

After Surgery

Eating and Drinking

You should start chewing gum as soon as you are awake, even in recovery room to start stimulating your bowel. Continue to chew gum at least 3 times per day for 30 minutes.



You will be able to start taking sips of fluid after arriving to your assigned room on the unit.



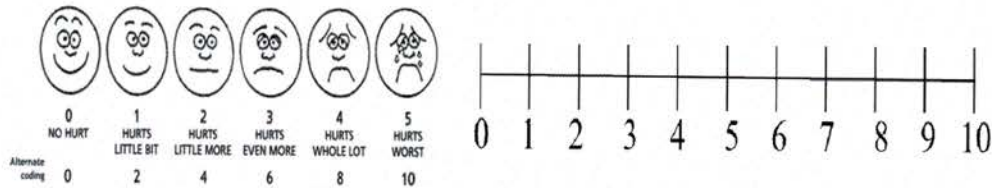
The 1st Day after surgery and thereafter, you should be drinking fluids and will be offered to eat solid foods as tolerated



One day after surgery

Pain

Tell your nurse if you are having pain greater than 4 on the pain scale



Activities

Your urine tube (catheter) will be removed in the morning

Once this tube is removed you should get up to the bathroom to urinate

If you are eating and drinking well, we will disconnect the intravenous fluid

With assistance you should get up and walk the hallway at least **3 times** today

You should be sitting up in the chair for **all** meals

Do your breathing exercises every hour while awake



You should aim to be out of bed, on and off for at least 6 hours of the day

Meals

Chew gum for 30 minutes , 3 times a day to stimulate your bowel



You should drink liquids and solid foods will be added to your diet during the day



Discharge Plan: Plan to go home in 2 days

Two days after surgery

Pain

Tell your nurse if you are having pain greater than 4 on the pain scale

If you have a PCA pump for pain control, it will be removed and you will take pills to control your pain

If you have an epidural, we will introduce pills to control your pain. If the pills control your pain, your epidural will be removed.

Activities

You should walk to the bathroom to urinate

If you are eating and drinking well, we will disconnect the intravenous fluid

Walk the length of the hallway at least **3 times** today. You are encouraged to walk more each day.

You should be sitting up in the chair for all meals

Do your breathing exercises every hour while awake

You should aim to be out of bed, on and off for at least 6 hours of the day



Meals

Continue to chew gum for 30 minutes , 3 times a day to stimulate your bowel



You should continue to drink liquids and eat solid foods



Discharge Plan: Arrange for someone to pick you up tomorrow by 11:00am

Three days after surgery : Going Home

Pain

You will be given medications and a prescription to take home with you to help with your pain.

Activities

You should continue the same activities as yesterday and try to increase activity every day.



Meals

You should continue to drink liquids and eat solid foods today and when you go home



Discharge Plan: Plan to go home today before 11:00am



Location and Maps



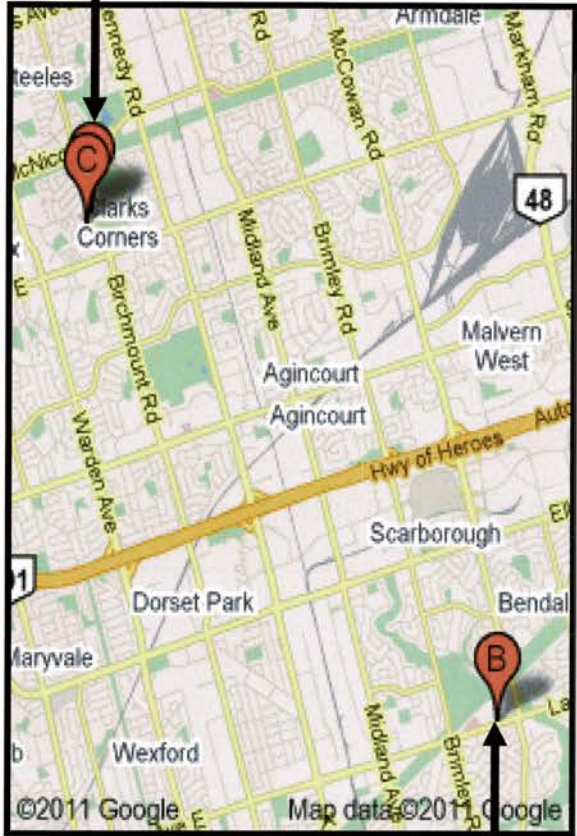
Scarborough Health Network

Birchmount Hospital

3030 Birchmount Road

Scarborough, ON M1W 3W3

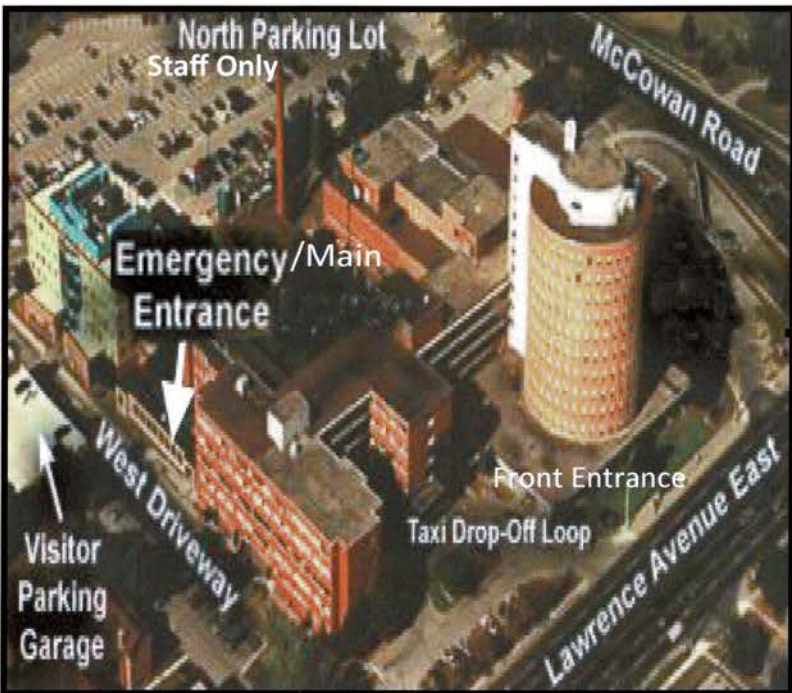
(416) 495-2400



BIRCHMOUNT HOSPITAL:



Parking is available at an hourly rate at the north lot located near the Emergency Entrance.



Scarborough Health Network

General Hospital

3050 Lawrence Avenue East-
Scarborough, ON M1P 2V5

(416) 431-8200

GENERAL HOSPITAL:



Parking is available at an hourly rate in the parking garage across from the Medical Mall.