Colon or Rectal Surgery

In general, this Care Map is what you can expect during your hospital stay of 3 to 4 days. Your health care team will make changes unique to your recovery. You will be discharged by__________. You and your nurse will fill this out as you work on discharge planning together.

<table>
<thead>
<tr>
<th>Hospital Day 1</th>
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<th>Hospital Day 3</th>
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<tbody>
<tr>
<td>(day of surgery)</td>
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### Tests, Labs and Procedures
- You may have blood drawn before surgery.
- You may need to take a urine pregnancy test.
- Follow-up blood draws may be needed during the day.
- You may have blood drawn to check certain levels such as hemoglobin and electrolytes.
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### Activity
- The nurse will help you change your position in bed.
- Walk in the halls with help.
- You will wear compression stockings while you are in bed.
- Walk in the halls 4 times or more with help.
- Walk 1  Walk 2
- Walk 3  Walk 4
- Sit in a chair as much as you can.
- You will wear compression stockings while you are in bed.
- Walk in the hall 6 to 8 times with help.
- Walk 1  Walk 2
- Walk 3  Walk 4
- Walk 5  Walk 6
- Walk 7  Walk 8
- After your epidural is removed, you can walk without help.
- You may take a shower after the epidural catheter is removed.
- Walk in the hall 6 to 8 times with help.
- Walk 1  Walk 2
- Walk 3  Walk 4
- Walk 5  Walk 6
- Walk 7  Walk 8

### Food and Drink
- You will have clear liquids after surgery.
- You will have a nutritional supplement to drink.
- Will be given anti-nausea medicine.
- You will have an IV (intravenous) line in your hand or arm to give you fluids.
- You will have clear liquids and either a full liquid or regular diet as tolerated.
- You will have a nutritional supplement to drink 2 to 3 times during the day.
- Ask for anti-nausea medicine if needed.
- Your IV fluids will be stopped if you drink enough fluids.
- You will have a full liquid diet or regular diet, as you can tolerate.
- You will be given a nutritional supplement to drink 2 to 3 times during the day.
- You can have a regular diet, if tolerated. You may leave the hospital if you can eat a regular diet.
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### Comfort

- You may have an epidural to help manage your pain. After surgery, the epidural will give you a steady flow of medicine.
- You will also take acetaminophen (Tylenol®) to help control your pain.
- Tell the nurse if your pain is not under control.
- Ask for anti-itch medicine, if needed.
- You may receive integrative therapies (such as acupuncture or massage) if they are available at your hospital.

**Your pain goal:**

- The epidural will stay in place (if you have one).
- The nurse will ask you for your pain level.
- Tell the nurse if your pain is not under control.
- You will also take acetaminophen (Tylenol®) to help control your pain.
- Ask for anti-itch medicine, if needed.
- You may receive integrative therapies (such as acupuncture or massage) if they are available at your hospital.

### Breathing

- Take deep breaths and cough often.
- Use your incentive spirometer as directed.
- You will receive oxygen.
- An oxygen machine will check oxygen levels in your blood.

**Use your incentive spirometer every 2 hours while awake.**

- An oxygen machine will check oxygen levels in your blood.
- If your oxygen levels are OK, the nurse will remove the oxygen from your nose.

**Continue to use your incentive spirometer as directed.**

- Continue to use your incentive spirometer as directed.

**You may leave the hospital when your pain is under control.**

**You may receive integrative therapies (such as acupuncture or massage) if they are available at your hospital.**
When You Are Ready to Leave the Hospital (Discharge)

You can be discharged from the hospital when you:

- are able to eat and drink without problems
- can take your pain medicine by mouth
- are able to urinate without problems
- are able to pass gas or have a bowel movement.

Bladder, Bowel

- You will have a catheter in your bladder.
- Let the nurse know if you have started to pass gas or if you had a bowel movement.
- The nurse will remove the bladder catheter.
- Let the nurse know if you have started to pass gas or if you had a bowel movement.
- The nurse will remove the bladder catheter, if it has not been removed.
- Let the nurse know if you have started to pass gas or if you had a bowel movement.
- The nurse will remove the bladder catheter, if it has not been removed.

Education

- diet
- incision site care
- pain medicine
- activity
- when to call your doctor

Discharge Plans

- Who will help you at home?

- What are your needs at home?

- Who is taking you home?