

Colon and rectal surgery: FAQ

How should I prepare for surgery?

In the days before surgery, patients are recommended to eat well and get plenty of rest. Surgery puts significant stress on the body similar to running a marathon. The days before surgery should be treated as if you are preparing for a marathon. Stop taking any medications that you were instructed to stop such as blood thinners or aspirin or Plavix.

On the day prior to surgery, you will receive a call from the hospital to confirm the time and the details of your arrival at the hospital. Please be sure the hospital has the correct information. If you don't hear from the hospital call the office at 774-776-2991.

Do I need to do a bowel preparation?

You will be prescribed a bowel preparation which will need to be followed the day before surgery. This is done to reduce the amount of stool and bacteria present in the colon which in turn reduces the risk of infection. It also gives the site of surgery some time to heal before having a solid bowel movement. We usually ask that you start the bowel prep in the afternoon and finish it by evening. There are two bowel preparations that I recommend. One is a series of pills that are taken on a schedule. This is only for healthy individuals with normal kidney function. The other is ½ gallon of solution that you will consume on a schedule. This is for patients with diabetes, kidney disease or other medical problems. Both will cause you to have many bowel movements and clean the colon. The information from your doctor will help us to determine which preparation is right for you. Regardless of the prep used, you will need to keep yourself well hydrated with clear liquids. Instructions for the bowel preparation will be provided. If you have any questions regarding the prep you were prescribed or how to take it, call our office, if done incorrectly we may have to postpone or cancel your procedure. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

What should I expect on the day of my operation?

On the day of your operation, you should take your morning medications unless you have been told otherwise. You should arrive to the hospital at your specified time. You will be brought to the pre op holding area. Your family members will be escorted to the waiting area where your surgeon will inform them of the details after your operation if you give us permission to do so. If your family members are not going to be in the waiting room you will be asked how to best reach them so they can be informed after surgery. You will be seen by a member of your anesthesia team, the operating room staff, and your surgeon. You will be given the opportunity to have any of your last-minute questions answered. You will sign a consent form. You may be given a medication called Entereg. It is given to speed your return of intestinal function after surgery. This medication will also be given to you after surgery. Then, you will be brought into the operating room. Once in the room you will be placed on the operating

table. There is a lot of activity at this point but we will do our best to keep you informed of exactly what is happening. The anesthesiologist will then put you under general anesthesia. From this point until the operation is over, you will be unaware of what is happening. The operation takes about 1-1/2 to 2 hours. When you are awakened you will be brought to the recovery room. We will allow you to recover from anesthesia and do our best to control any pain you might be having. After about one to 2 hours in the recovery room you will be brought to a regular hospital room. You may have a catheter in your urinary bladder. You will have a pain pump where you can administer your own pain medication. Studies have shown that patients receive last narcotics when given in this fashion. You will also be given a medication called Toradol if you are not allergic to aspirin or ibuprofen. You will not need to ask for this medication and it enhances the effect of narcotic pain medicine. You will be given sips of clear liquid if you can tolerate it. You should ask for anti-nausea medication if you are nauseous.

What can I expect the after my operation?

On the day following your operation:

- Urinary catheter will be removed
- Pain pump will be discontinued if you had one (you will continue to receive Toradol but you will have to ask for more pain medicine)
- You will be given a full tray of clear liquids. Drink what you body tells you to. Don't drink if you are nauseous or feel bloated
- If you tolerate clear liquids you will be allowed to have toast and crackers with your clear liquids.
- You will be permitted to get out of bed and even walk if you feel up to it

On subsequent days:

- You will be encouraged to get out of bed and walk around
- If you are tolerating clears with toast and crackers, you will be given a low fiber or low residue diet

When can I be discharged home?

You will be discharged home when you can:

- Get out of bed and walk to the bathroom and the refrigerator and the phone
(Note: You do not need to have a bowel movement prior to discharge)

Follow this link to postoperative instructions

[Postoperative instructions Laparoscopic Colon and Rectal Surgery]

[Postoperative instructions Open Colon and Rectal Surgery]

Call our office with any questions or concerns

Innovative Surgical Care
774-776-2991