**Before Surgery Day**

**If a stoma is needed:**
- You will have a visit with the enterostomal nurse. The site for your stoma will be marked on your body so that the surgeon can see it in the operating room.

**Starting 6 days before surgery:**
- Drink your Strong for Surgery Impact Advance Recovery drink 3 times a day for 5 days.

**Day before surgery:**
- Take your MoviPrep, Neomycin, and Metronidazole medicine as instructed.
- Receive a call from the hospital with your assigned arrival time.

**Night before surgery:**
- Take a shower with the antibacterial soap that was prescribed.
- Before midnight, drink 8 ounces of apple juice.

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**Before you leave home:**
- Take another shower with the antibacterial soap that was prescribed.

**At the hospital:**
- Check in at Surgery Registration at your assigned arrival time.
- While you are checking in, drink 8 ounces of apple juice.
- A nurse will call you to come to the Pre-Op area.
- An IV tube will be placed in your arm to give you fluids and antibiotics.
- Talk with an Anesthesiologist about managing pain during and after your surgery.
- You will be given a heating blanket to keep you warm, improve healing, and lower the risk of infection. Keep the blanket on even if you feel warm enough.
- The Anesthesiology Team will take you to the operating room.

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**Surgery Day**

**After surgery, you will:**
- Wake up in the recovery area.
- Be moved to a bed in a hospital unit.

**You will have:**
- An IV in your arm to give you fluids and antibiotics
- Compression devices on your legs to help with blood flow
- A Foley catheter in your bladder to remove urine

**If you have an ostomy:**
- You will have a bandage over the wound and a wafer and ostomy bag to collect the output

**Your nurse will help you:**
- Sit up on the side of your bed.
- Learn how to use your incentive spirometer and remind you to use it 10 times each hour every day while you are in the hospital.
### Day 1
- Your pain will be managed in the ways that your surgeon and Anesthesiologist talked with you about before surgery.

**If you have an ostomy:**
- An ostomy nurse will check the fit of your bandage and wafer

- Your diet will progress as you can handle food.
- Drink Clear Enlive 3 times today to help you heal more quickly.

**Medicine and Treatment**
- If you need the medicine Lovenox:
  - You will start on the medicine before discharge
  - A pharmacist will review Lovenox information with you
  - Your nurse will help you give yourself an injection

**Diet**
- Drink Enlive and nutritional shakes to help you heal.

**Activity**
- Staff will help you sit up in a chair for all of your meals and take 3 to 4 walks a day. On Day 1, aim to walk 9 laps of the unit. Starting on Day 2, aim to walk 18 laps of the unit.
- Do NOT get out of bed without a nurse beside you.
- Aim to be out of bed for 6 hours a day. The more you move, the faster your body will heal.
- Try to use your incentive spirometer 10 times every hour to keep fluid out of your lungs.

**Bathing**
- Sponge bath.

**Planning**
- Ask to meet with a social worker if you have concerns about where you will go after discharge

### Day 2
- Day of discharge depends on when you can handle eating and your pain is under control

- Your diet will progress as you can handle food.
- Drink Clear Enlive 3 times today to help you heal more quickly.

**Medicine and Treatment**
- If you need the medicine Lovenox:
  - You will start on the medicine before discharge
  - A pharmacist will review Lovenox information with you
  - Your nurse will help you give yourself an injection

**Diet**
- Drink Enlive and nutritional shakes to help you heal.

**Activity**
- Staff will help you sit up in a chair for all of your meals and take 3 to 4 walks a day. On Day 1, aim to walk 9 laps of the unit. Starting on Day 2, aim to walk 18 laps of the unit.
- Do NOT get out of bed without a nurse beside you.
- Aim to be out of bed for 6 hours a day. The more you move, the faster your body will heal.
- Try to use your incentive spirometer 10 times every hour to keep fluid out of your lungs.

**Bathing**
- Sponge bath or shower.

**Planning**
- Ask to meet with a social worker if you have concerns about where you will go after discharge

### Day 3 or 4: Discharge
- Day of discharge depends on when you can handle eating and your pain is under control

- Your diet will progress as you can handle food.
- Drink Clear Enlive 3 times today to help you heal more quickly.

**Medicine and Treatment**
- If you need the medicine Lovenox:
  - You will start on the medicine before discharge
  - A pharmacist will review Lovenox information with you
  - Your nurse will help you give yourself an injection

**Diet**
- Drink Enlive and nutritional shakes to help you heal.

**Activity**
- Staff will help you sit up in a chair for all of your meals and take 3 to 4 walks a day. On Day 1, aim to walk 9 laps of the unit. Starting on Day 2, aim to walk 18 laps of the unit.
- Do NOT get out of bed without a nurse beside you.
- Aim to be out of bed for 6 hours a day. The more you move, the faster your body will heal.
- Try to use your incentive spirometer 10 times every hour to keep fluid out of your lungs.

**Bathing**
- Sponge bath or shower.

**Planning**
- Ask to meet with a social worker if you have concerns about where you will go after discharge

### At Home
- Start to taper your pain medicines; take them only as needed
- If you do NOT have a stoma and are constipated, take a stool softener or Milk of Magnesia

**If you are taking Lovenox:**
- Give yourself 1 shot every day for 28 days.

**Medicines**
- Take your medications as prescribed.

**If you have an ostomy:**
- Receive an Ostomy Starter Kit and ostomy educational materials
- An ostomy nurse will visit every 2 days to teach you and your family about ostomy care
- A nurse will teach you about your ostomy before discharge

**If you do not have a stoma:**
- Eat a low-fiber diet for 4 weeks:
  - No nuts, seeds, beans, popcorn, most raw fruits and vegetables
  - OK to eat well-cooked vegetables, canned fruits, and fruits without skins or seeds
- After 4 weeks, ask your doctor if it is OK to return to a regular diet

**Activity**
- Keep being active. Aim to walk at least 1 mile a day.
- Do not lift anything that weighs more than 15 pounds (about the weight of 2 gallons of water).

**Bathing**
- Sponge bath or shower.

**Planning**
- A follow-up clinic visit will be set up for a few weeks after your discharge

**Diet**
- Solid foods

**Activity**
- Keep being active. Aim to walk at least 1 mile a day.
- Do not lift anything that weighs more than 15 pounds (about the weight of 2 gallons of water).

**Bathing**
- Sponge bath or shower.

**Planning**
- You may shower at any time.