








Colorectal CareMap

How to prepare and what to expect during your hospital stay

The steps in this CareMap are for your healing, comfort, and safety.

Before Surgery Day	Surgery Day
<p>If a stoma is needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will have a visit with the ostomy specialist. The site for your stoma will be marked on your body so that the surgeon can see it in the operating room. <p>If you smoke or vape:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop smoking or vaping at least 2 to 4 weeks before your surgery. <p>Starting 6 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Drink your immunonutrition supplement drink 3 times a day for 5 days. If you have diabetes, drink ½ serving 6 times a day for 5 days. <p>Day before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> You may have only clear liquids today, and up until 2 hours before the time your surgery is set to start. Clear liquids include water, plain coffee or tea (no milk or cream), apple juice, and broth. <input type="checkbox"/> Take your bowel prep, Neomycin, and Metronidazole medicine as instructed. <input type="checkbox"/> Receive a call from the hospital with your assigned arrival time. <p>Night before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a shower with the antibacterial soap that was prescribed. <input type="checkbox"/> Before midnight, drink 8 ounces of carbohydrate drink. 	<p>Before you leave home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower with the antibacterial soap that was prescribed.  <p>At the hospital:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Starting 2 hours before your surgery, do not eat or drink anything EXCEPT: <ul style="list-style-type: none"> - Right after you park at the hospital, drink one 8-ounce bottle of carbohydrate drink. <input type="checkbox"/> Check in at Surgery Registration at your assigned arrival time. <input type="checkbox"/> A nurse will call you to come to the Pre-Op area. <input type="checkbox"/> An IV tube will be placed in your arm to give you fluids and antibiotics. <input type="checkbox"/> Talk with an Anesthesiologist about managing pain during and after your surgery. <input type="checkbox"/> 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. <input type="checkbox"/> The Anesthesiology Team will take you to the operating room. 
	<p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the recovery area. <input type="checkbox"/> Be moved to a bed in a hospital unit. <p>You will have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids and antibiotics <input type="checkbox"/> Compression devices on your legs to help with blood flow <input type="checkbox"/> A Foley catheter in your bladder to remove urine  <p>If you have an ostomy:</p> <ul style="list-style-type: none"> <input type="checkbox"/> An opening (ostomy) was created in your belly to reroute your bodily waste. You will wear a pouch device over the ostomy to collect the output. <p>Your nurse will help you:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sit up on the side of your bed. <input type="checkbox"/> 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	Day 2	Day 3 or 4: Discharge	At Home
<p>Medicines</p> <p><input type="checkbox"/> Your pain will be managed in the ways that your surgeon and Anesthesiologist talked with you about before surgery.</p>	<p>Medicines</p> <p><i>If you need the medicine enoxaparin:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> You will start on the medicine before discharge <input type="checkbox"/> A pharmacist will review enoxaparin information with you <input type="checkbox"/> Your nurse will help you give yourself an injection 	<p><i>Day of discharge depends on when you can handle eating and your pain is under control</i></p> <p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will receive oral pain medicine at discharge <input type="checkbox"/> You may be prescribed a stool softener. <p><i>If you are taking enoxaparin:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> You will get a supply at discharge. 	<p>Medicines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start to taper your pain medicines; take them only as needed <input type="checkbox"/> If you do NOT have a stoma and are constipated, take a stool softener or Milk of Magnesia <p><i>If you are taking enoxaparin:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Give yourself 1 shot every day for 28 days. 
<p><i>If you have an ostomy:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> An ostomy specialist will check the fit of your pouch device. 	<p><i>If you have an ostomy:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Receive ostomy educational materials. <input type="checkbox"/> An ostomy specialist will visit to teach you and your family about ostomy care. <input type="checkbox"/> An ostomy specialist will teach you about your ostomy before discharge. 	<p><i>If you have an ostomy:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Return for a follow-up visit with the ostomy specialist after discharge. 	
<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your diet will progress as you can handle food. 	<p>Diet</p>	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> You will be eating solid foods when you are discharged. 	<p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat a low-fiber diet for 4 weeks: <ul style="list-style-type: none"> - No nuts, seeds, beans, popcorn, most raw fruits and vegetables - OK to eat well-cooked vegetables, canned fruits, and fruits no skins or seeds <input type="checkbox"/> After 4 weeks, ask your doctor if it is OK to return to a regular diet
<p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Do NOT get out of bed without a nurse beside you. <input type="checkbox"/> Aim to be out of bed for 6 hours a day. The more you move, the faster your body will heal. <input type="checkbox"/> Try to use your incentive spirometer 10 times every hour to keep fluid out of your lungs. 			<p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keep being active. Aim to walk at least 1 mile a day. <input type="checkbox"/> Until your provider says it is OK, do not lift anything that weighs more than 15 pounds (about the weight of 2 gallons of water).
<p>Bathing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sponge bath. 	<p>Bathing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sponge bath or shower. 	<p>Bathing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shower by Day 3. 	<p>Bathing</p> <ul style="list-style-type: none"> <input type="checkbox"/> You may shower at any time.
<ul style="list-style-type: none"> <input type="checkbox"/> Ask to meet with a social worker if you have concerns about where you will go after discharge. 		<ul style="list-style-type: none"> <input type="checkbox"/> A follow-up clinic visit will be set up for a few weeks after your discharge. 	