



COLON AND RECTAL SURGERY

Colon and Rectal Surgery Outpatient Journey Guide

| Your Colon and Rectal Surgery

Surgery Date and Time	
Your Diagnosis	
Name of Your Procedure	
Location of Your Surgery	<input type="checkbox"/> Parkview Tower 1 Parkview Plaza, 3 rd Floor Surgery Registration, St. Louis, MO 63110 <input type="checkbox"/> Barnes-Jewish West County Hospital (Main Entrance) 12634 Olive Blvd. Main Entrance, St. Louis, MO 63141 <input type="checkbox"/> Center for Advanced Medicine 4921 Parkview Place, 4 th Floor, Surgery Registration, St. Louis, MO 63110 <input type="checkbox"/> Center for Advanced Medicine - South County 5201 Midamerica Plaza, Ste. 1100 St. Louis, MO 63129
Arrival Time at the Hospital	
Surgeon	
Medical Assistant/ Phone	

CONTACT US

Office: 314-454-7177 (8 a.m. to 4 p.m., Monday to Friday)

Exchange: 314-362-1242 (after hours, holidays, weekends)

Fax: 314-454-5249

Mailing Address: 660 S. Euclid Ave., Mail Stop 8109-37-915, St. Louis, MO 63110

ColonRectalSurg.wustl.edu

Preparing For Your Surgery

Your surgeon's medical assistant will coordinate your preoperative appointments. **It is essential that you keep these appointments.** If you are unable to make an appointment, notify our office at 314-454-7177 immediately to avoid delay or cancellation of your surgery.

APPOINTMENTS	DATE	TIME	LOCATION / NOTES
Preoperative Assessment at the Center for Preoperative Assessment and Planning (CPAP)			<input type="checkbox"/> Center for Advanced Medicine Center for Preoperative Assessment and Planning 4921 Parkview Pl., 1 st floor St. Louis, MO 63110 <input type="checkbox"/> Barnes-Jewish West County Hospital 12634 Olive Blvd., Main Entrance St. Louis, MO 63141 <input type="checkbox"/> Center for Advanced Medicine - South County 5201 Midamerica Plaza, Ste. 1100 St. Louis, MO 63129
Additional Appointment:			
Additional Appointment:			

Your Bowel Prep

☐ **Clear Liquid Diet**

- On **THE DAY BEFORE** surgery, begin a clear liquid diet: clear soups or broth, bullion, Jell-O®, soda, black coffee or tea, clear fruit juice. NO milk or dairy products or any drinks colored red or purple.
- Take any routine medications unless otherwise instructed by your physician.
- Have nothing to eat or drink (including water) after midnight and until after your surgery.

☐ **No Bowel Prep Required**

- Have nothing to eat or drink (including water) after midnight and until after your surgery.
- Take any routine medications unless otherwise instructed by your physician.

☐ **Fleet® Enema Prep**

- Purchase two Fleet® enemas at your local pharmacy.
- On **THE DAY BEFORE** surgery, use one enema one hour before bed.
- Have nothing to eat or drink (including water) after midnight and until after your surgery.
- On **THE DAY OF** surgery use one enema one hour before leaving home for surgery.
- Take any routine medications unless otherwise instructed by your physician.

☐ **Other** _____

After Your Surgery: Recovering At Home

Pain Management

Pain is normal following anorectal surgery and can last two weeks or longer. Below are some suggestions to help you reduce your symptoms. Use them as needed.

- Take your pain medicine as directed and use a stool softener or fiber supplement. It is important not to allow yourself to become constipated. (See below for more information.)
- Sitz baths, warm tub soaks, and/ or showers two - three times a day and after bowel movements will reduce pain and keep the area clean.
- To control your pain when you go home after surgery, your doctor will order multiple medications. Some of these medications are over-the-counter and others will require a prescription. It is important to use the right medication for your pain level. **Medications may include the following:**

MEDICATION	DESCRIPTION	PAIN LEVEL	COMMON PRESCRIPTIONS (ASK YOUR DOCTOR WHAT IS RIGHT FOR YOU)
Acetaminophen (Tylenol®)	Over-the-counter pain reliever	Mild to moderate (1 - 5 out of 10 on pain scale)	<ul style="list-style-type: none">• NOT TO EXCEED 4,000 mg daily• 325 mg to 1,000 mg every six hours• May be used with ibuprofen/NSAIDs
Ibuprofen / NSAIDs (Motrin®, Advil®)	Over-the-counter pain reliever	Muscle aches Mild to moderate (1 - 5 out of 10 on pain scale)	<ul style="list-style-type: none">• NOT TO EXCEED 3,200 mg daily• 200 mg to 800 mg every six hours• May be used with acetaminophen
Oxycodone (OxyContin,® Roxicodone®) Hydrocodone Tramadol	Prescription opioid – narcotic	Moderate to severe (worse than 5 out of 10 on pain scale)	<ul style="list-style-type: none">• Discuss dosage with your surgeon• Individualized and often taken every four - six hours• May be used with acetaminophen or ibuprofen/ NSAIDs
Percocet® Norco® Lortab® Vicodin®	Prescription opioid combo narcotic	Moderate to severe (worse than 5 out of 10 on pain scale)	<ul style="list-style-type: none">• Discuss dosage with your surgeon• Individualized and often taken every four - six hours• DO NOT TAKE with acetaminophen• May be taken with ibuprofen/NSAIDs

Wound Care

To promote healing, it's important to keep the area clean and dry.

- You may notice the passage of small amounts of blood and mucous, this is normal. Keep a gauze pad tucked between your buttocks to collect any drainage. Change the pad when it becomes damp.
- Toilet paper may irritate your skin. You may want to use unscented baby wipes, a peri bottle, shower or sitz bath to clean the area after bowel movements.
- Take a sitz bath (sit in warm water for 15-20 minutes) at least three times daily and after each bowel movement.
- If you were given a topical ointment, place a thin layer over the anal wounds after bathing and bowel movements.

Bathing

You may bathe or shower as you normally do.

- It's important to maintain proper hygiene following surgery.
- Keeping the area clean will promote quicker healing.
- A mild anti-bacterial soap such as Dial® is recommended until your wound is healed.

Activity

Follow these guidelines for your activity level while you recover from surgery.

- Do not drive or operate heavy machinery while taking narcotic pain medication.
- You can walk, climb stairs, ride as a passenger in a car and perform normal activities of daily living.
- Unless otherwise instructed, you may return to work as tolerated.
- Check with your surgeon before resuming sexual activity.

Diet

You may resume your regular diet as tolerated. Make sure to include high fiber foods.

- Consume 25-30 grams of fiber a day
- Stay well hydrated by drinking 8 to 10 glasses of water a day. Avoid caffeine and alcohol.

Bowel Movements

You may experience pain or discomfort with bowel movements. This is normal and will decrease over time. Your bowel movements may be irregular after surgery due to changes in diet, pain medication and reduced activity. It is important to prevent and treat constipation.

Preventing Constipation

- Drink 8 to 10 glasses of water every day. Avoid caffeine and alcohol.
- Take a daily fiber supplement to bulk up, soften and ease the passage of stool.
 - In the morning, take one tablespoon of Metamucil®, Citrucel® or Konsyl® mixed with water or juice. If necessary take an another dose (one tablespoon) at noon.
 - Why not fiber pills? We have found that fiber pills or capsules are not as effective as the supplements listed above.
- Take an over-the-counter stool softener such as Colace®, use as directed.

Treating Constipation

- If you have not had a bowel movement 48 hours (two days) after your surgery, you can use an over-the-counter laxative (Miralax® or Milk of Magnesia), as directed on the package. If the laxative is not effective within 24-hours, call our office at 314-454-7177.

Your Follow-up Appointment

You will have a follow-up appointment with your surgeon two-four weeks after surgery. If this appointment has not been scheduled, please call the office as soon as possible. We are available Monday - Friday, 8 a.m. to 4 p.m. at 314-454-7177.

DATE	TIME	LOCATION
		<input type="checkbox"/> Center for Advanced Medicine 4921 Parkview Pl., Ste. 8C, St., Louis, MO 63110
		<input type="checkbox"/> Barnes-Jewish West County Hospital 1040 North Mason Road, Bldg. 1, Ste. 120 St. Louis, MO 63141
		<input type="checkbox"/> Siteman Cancer Center - West County 10 Barnes West Drive, Bldg. 2, Creve Coeur, MO 63141
		<input type="checkbox"/> Center for Advanced Medicine – South County 5201 Midamerica Plaza, Ste. 2300, St. Louis, MO 63129
		<input type="checkbox"/> Siteman Cancer Center - South County 5225 Midamerica Plaza, St. Louis, MO 63129

Call Your Surgeon Immediately If You:

- Experience severe pain that does not get better with medication
- Develop a fever above 101.5° F
- Experience nausea or vomiting
- Experience persistent diarrhea or more than 10 bowel movements in 24 hours
- Are unable to urinate after eight hours
- Have a surgical site that has foul smelling drainage, redness or warmth
- Have bright red blood from the incision, rectum or ostomy (greater than one cup); a small amount of bleeding may be normal
- Experience dizziness, light-headedness or extreme fatigue

**Call your surgeon's office for
all questions and concerns.**

314-454-7177

(8 a.m. to 4 p.m., Mon. to Fri.)

Exchange:

314-362-1242

(after hours, holidays and weekends)

Call 911 if you develop chest pain, sudden shortness of breath, fainting and/or loss of consciousness

For more information, visit
Physicians.wustl.edu



N A T I O N A L L E A D E R S I N M E D I C I N E