

COLORECTAL ENHANCED RECOVERY PROGRAM

Patient Teaching Points

Breathing Exercises – It is important to cough and deep breathe and we encourage you to use your inspirex 10 times an hour. By doing this you may prevent any congestion from settling in your lungs. You will have an abdominal pillow available when you cough to support your incision.

Leg Exercises – Pumping your feet up and down helps while you are in bed. This keeps blood from pooling in your legs and prevents the formation of blood clots. SCD (leg pumps) and TEDS (support stockings) will be placed on your legs prior to surgery.

Activity – Frequent walking will help you to return home sooner.

Urinary Catheters – You may find a bladder catheter in place when you wake up. This catheter will be removed as soon as possible to prevent infection.

Stomach Tube – Depending on your surgery you may wake up with a tube in your nose to keep you from being nauseous.

Diet – The diet you are given will depend on how your stomach is working.

The following information IS NOT intended for all patients.

It IS available to support those individuals who are scheduled as such.

Has your doctor mentioned that after your surgery, you will or may have a colostomy or ileostomy? If so, then please let the nurses know when you come in for pre-operative testing. One of the ostomy nurses at Crouse will meet you and discuss the care of an ostomy.

Before you come we suggest that you visit YouTube (youtube.com) and view Living with an Ostomy and the series by the American Academy of Surgeons about an ostomy.

During your visit, we will also look at your abdomen and choose an appropriate location for the doctor to place the ostomy. The ostomy nurses will follow you throughout your hospital stay and will teach you and your family how to care for your ostomy.

The ostomy nurses are also available to see you in our clinic after you are discharged from the hospital.

The Crouse Hospital Ostomy Support Group meets the second Tuesday of every month at Crouse's Marley Education Building from 6:30 to 8:30 p.m. Anyone living with an ostomy, their loved ones and friends are welcome.

For more information, please call the ostomy nurses at Crouse Hospital at 315/470-7300.

What to Expect During Your Hospital Stay



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736 Irving Avenue
Syracuse, NY 13210
crouse.org



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Pain Management – You may be given a PCA (patient controlled analgesia), or IV medication. This will depend on your surgery and your physician recommendations. We encourage you to manage your pain so you will be able to walk and be active in your healing progress. This will help you recover quicker.

White Board – There will be a dry erase board in your room. We encourage you to be involved in your care. Your entire healthcare team, along with yourself and your family, will use this to monitor your progress.

Discharge Planning – When you arrive at the hospital you will have a Care Coordinator to follow your progress and keep you informed. Your Care Coordinator will work with the healthcare team to assist in your discharge planning needs. We encourage you to have loose fitting clothing for going home. Discharge will be between 9 and 10 a.m.

Visit crouse.org/colorectalsurgery to watch an informational video about your surgery and recovery.

POST-OPERATIVE DAY 0

The day or evening of your surgery

- Once you wake up you should begin your breathing and leg exercises.
- You will wake up with SCD and/or support stockings on your legs.
- If you do not have a stomach tube in your nose, you may be allowed fluids to drink.
- You may have a bladder catheter.
- The dressing on your abdomen will depend on the type of surgery you have.
- You will need help to sit in a chair and to walk short distances.
- You may have a PCA for pain management.
- We want to manage your pain. Let your nurse know when you are uncomfortable.

POST-OPERATIVE DAY 1

First post-op day

- Walk around the nursing floor at least five times.
- If you have a stomach tube in your nose, it may be removed today. You may be offered liquids to drink.
- Drink only to your comfort level.
- If you have a bladder catheter it may be removed today.
- Keep doing your breathing and leg exercises.
- Check your white board for today's goals.
- If you are using a PCA for pain control it may be stopped and you will be switched to oral medication.
- Discuss pain management goals with your nurse.
- Expect a visit from Care Coordination to discuss a plan for discharge/transportation to home.

POST-OPERATIVE DAY 2

Progress continues

- Walk around the nursing floor at least five times.
- If you are drinking fluids your IV may be stopped.
- Your diet may be advanced depending on how you are doing.
- Keep up the good work with walking and doing your breathing and leg exercises.
- If your pain is controlled with oral pain medication continue as suggested by your physician.
- Check your white board for goals today. This helps us communicate your progress.
- Make a list of any questions or concerns so you can talk with your doctor.
- Needs for discharge will be discussed.

POST-OPERATIVE DAY 3

Progress towards discharge to home

- Walk around the nursing floor at least five times.
- Depending on your surgery and your progress you may be going home.
- You should continue with your breathing and leg exercises along with walking as much as possible.
- If you are discharged today, please continue to take your medication as recommended by your doctor for the success of your recovery.
- Your diet will be advanced as tolerated.
- Be sure to talk with your doctor about any concerns or questions.
- Keep up the good work.