

1 DAY BEFORE SURGERY	DAY OF SURGERY	1 DAY AFTER SURGERY	2 DAYS AFTER SURGERY
<p>Diet: You may eat a normal breakfast.</p> <p>For the rest of the day, only drink clear fluids: water, Jello, juice without pulp, Popsicles, clear broth, Gatorade, tea, or coffee. <i>No milk or milk products.</i></p> <p>Drink (1) 12-ounce bottle of Gatorade at bedtime.</p>	<p>Diet: Take your normal medications as instructed by Pre-Admission Testing (PAT).</p> <p>Drink (1) 12-ounce bottle of Gatorade at least 4 hours prior to scheduled <i>surgery time.</i></p> <p>At the hospital before surgery: A nurse will help you get ready for surgery. You will confirm your history and medications, and you will be given Chlorhexidine antiseptic skin wipes. The nurse will instruct you how to use the wipes to cleanse your skin before surgery. You will then change into a hospital gown and receive an IV. If appropriate, you may also receive an injection of medication to reduce your risk for blood clots after surgery. You will see your surgeon and anesthesiologist before going to the operating room.</p>	<p>Diet: Chew gum for 60 minutes, 3 times per day.</p> <p>Drink liquids. Once this goes well, you will be given solid foods with 3 protein drinks to have during the day.</p>	<p>Diet: Eat solid foods and continue to drink liquids plus protein drinks. Continue to chew gum for 60 minutes, 3 times per day.</p>
	<p>After surgery: You will be transferred to recovery, and then your hospital room. You will be instructed on the benefits of early ambulation, sequential compression devices (SCDs), your incentive spirometer to aid with deep breathing, and pain management. Tell your nurse if your pain reaches 4 out of 10 on the pain scale.</p> <p>We consider pain well-managed when mild at rest (less than 4 out of 10) and moderate with movement.</p> <p>Staff will assist you with walking twice in the halls. To prevent blood clots, it is important to wear the SCDs whenever you are not up walking. SCDs use plastic sleeves wrapped around your legs. The sleeves are connected to a pump that gently inflates and deflates the sleeves to improve blood flow in your legs. You will also be started on a blood thinner (usually in a shot form), as determined by your physician, to decrease your risk of developing a blood clot.</p> <p>Going home after 2 days in the hospital is normal for most people having intestinal surgery. Some people will be ready for discharge sooner and, occasionally, some people need to stay in the hospital longer.</p>	<p>Activity: Perform deep breathing and coughing exercises.</p> <p>Use incentive spirometer every hour while awake.</p> <p>Sit in a chair for all meals for at least six hours per day total.</p> <p>With assistance, get up and walk length of the hallway 3 times during the day. This is in addition to bathroom use.</p>	<p>Activity: Perform deep breathing and coughing exercises.</p> <p>Use your incentive spirometer every hour while awake.</p> <p>Sit in a chair for all meals for at least six hours per day total.</p> <p>With assistance, get up and walk length of the hallway 6 times per day. This is in addition to bathroom use.</p>
<p>Preparation: Take your bowel prep and oral antibiotic as prescribed by your surgeon.</p> <p>Take a shower with chlorhexidine the night before your surgery as directed.</p>		<p>Comfort and Pain Control: Tell your nurse if your pain reaches 4 out of 10 on the pain scale.</p> <p>The urine tube (Foley Catheter) that was inserted during surgery will be removed so that you can urinate on your own. You may then get up use the bathroom to urinate.</p>	<p>Comfort and Pain Control: If you had an epidural, the tiny tube in your back will be removed.</p> <p>Tell your nurse if your pain reaches 4 out of 10 on the pain scale.</p>
		<p>Comfort and Pain Control: Tell your nurse if your pain reaches 4 out of 10 on the pain scale.</p>	<p>Going Home: The nurse will review your written discharge instructions (including pain medication and follow-up appointment) prior to leaving the hospital.</p>

EDWARD HOSPITAL

A Patient Guide to

Enhanced Recovery after Intestinal Surgery

Please use this guide to help you know how to prepare for your surgery and what to expect on the day of surgery.

Enhanced Recovery after Intestinal Surgery

What is it?

“Enhanced recovery” is a method of treatment to help you recover from intestinal surgery.

What are the benefits?

Research shows that patients who are treated with an “enhanced recovery” approach recover faster and have fewer complications than with traditional approaches. This approach is expected to:

- Improve the outcome of your surgery
- Reduce the chance of complications following surgery
- Allow you to recover and go home from the hospital sooner

Before Your Surgery



Exercise will help ensure your body is as fit as possible before your surgery. If you are already exercising, keep up the good work. If you are not, start slowly adding exercise into your day.

- Exercise does not need to be strenuous to be helpful. In fact, a fifteen-minute walk is far better than not exercising at all.

We strongly suggest you **stop smoking** completely at least two weeks before your surgery to reduce the risk of lung complications. Doctors can help you stop smoking by prescribing certain medications.

Avoid excessive alcohol use before surgery. Alcohol can interact with some medications. Please let us know if you need help decreasing your alcohol use.

Preparing for Surgery

After your surgery is scheduled through your surgeon’s office, the Pre-Admission Testing (PAT) department will contact you regarding your pre-anesthesia phone interview and pre-operative testing requirements.

Pre-Admission Testing (PAT) phone interview

During this interview, you will be asked about your current medications (including herbal supplements), your medical history and living arrangements. Please have this information, including all medication bottles, readily available for your call.

Pre-operative preparation

- **Required testing** is determined by your medical history. You will receive instructions after your interview.
- **Pre-operative antibiotics** will be prescribed by your surgeon.
- **Skin prep.** Take a shower with an antiseptic skin cleanser(chlorhexidine) the night before your surgery. It is often found with first aid supplies at your local store. Use the cleanser on a clean wash cloth and wash from the neck down avoiding private areas. Do not use on your head or face. Do not use if you are allergic to chlorhexidine.
- **Bowel cleansing** will be prescribed by your surgeon. Complete this as directed the day prior to surgery.
- **Diet.** The day prior to surgery you may eat a normal breakfast. For the rest of the day only drink clear fluids: water, Jello, juice without pulp, Popsicles,[®] clear broth, Gatorade,[®] tea or coffee without creamer. No milk or milk products. No solid food.
- **Complex carbohydrate drink.** Drink one 12 oz. bottle of Gatorade (any flavor not red in color). You should be finished drinking the Gatorade 4 hours prior to scheduled surgery time.

Pre-Surgery Checklist

This pre-surgery checklist will help you to be prepared for surgery.

- Phone interview with Pre-Admission Testing (PAT)
- Blood tests and other necessary tests
- Bowel preparation:
- Antibiotics:
- Shower with chlorhexidine the night before surgery
- Drink Gatorade (12 ounce bottle) and finish 4 hours before surgery