



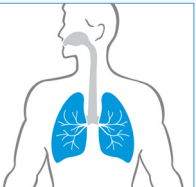




Colon or Rectal Surgery

In general, this Care Map is what you can expect during your hospital stay of 3 to 4 days. Your health care team will make changes unique to your recovery. You will be discharged by _____. You and your nurse will fill this out as you work on discharge planning together.

	Hospital Day 1 (day of surgery) Date: _____	Hospital Day 2 (first day after surgery) Date: _____	Hospital Day 3 (second day after surgery) Date: _____	Hospital Day 4 (third day after surgery) Date: _____
Tests, Labs and Procedures 	<input type="checkbox"/> You may have blood drawn before surgery. <input type="checkbox"/> You may need to take a urine pregnancy test. <input type="checkbox"/> Follow-up blood draws may be needed during the day.	<input type="checkbox"/> You may have blood drawn to check certain levels such as hemoglobin and electrolytes.	<input type="checkbox"/> You may have blood drawn to check certain levels such as hemoglobin and electrolytes.	<input type="checkbox"/> You may have blood drawn to check certain levels such as hemoglobin and electrolytes.
Activity 	<input type="checkbox"/> The nurse will help you change your position in bed. <input type="checkbox"/> Walk in the halls with help. <input type="checkbox"/> You will wear compression stockings while you are in bed.	<input type="checkbox"/> Walk in the halls 4 times or more with help. <input type="checkbox"/> Walk 1 <input type="checkbox"/> Walk 2 <input type="checkbox"/> Walk 3 <input type="checkbox"/> Walk 4 <input type="checkbox"/> Sit in a chair as much as you can. <input type="checkbox"/> You will wear compression stockings while you are in bed.	<input type="checkbox"/> Walk in the hall 6 to 8 times with help. <input type="checkbox"/> Walk 1 <input type="checkbox"/> Walk 2 <input type="checkbox"/> Walk 3 <input type="checkbox"/> Walk 4 <input type="checkbox"/> Walk 5 <input type="checkbox"/> Walk 6 <input type="checkbox"/> Walk 7 <input type="checkbox"/> Walk 8 <input type="checkbox"/> After your epidural is removed, you can walk without help. <input type="checkbox"/> You may take a shower after the epidural catheter is removed.	<input type="checkbox"/> Walk in the hall 6 to 8 times with help. <input type="checkbox"/> Walk 1 <input type="checkbox"/> Walk 2 <input type="checkbox"/> Walk 3 <input type="checkbox"/> Walk 4 <input type="checkbox"/> Walk 5 <input type="checkbox"/> Walk 6 <input type="checkbox"/> Walk 7 <input type="checkbox"/> Walk 8
Food and Drink 	<input type="checkbox"/> You will have clear liquids after surgery. <input type="checkbox"/> You will have a nutritional supplement to drink. <input type="checkbox"/> Will be given anti-nausea medicine. <input type="checkbox"/> You will have an IV (intravenous) line in your hand or arm to give you fluids.	<input type="checkbox"/> You will have clear liquids and either a full liquid or regular diet as tolerated. <input type="checkbox"/> You will have a nutritional supplement to drink 2 to 3 times during the day. <input type="checkbox"/> Ask for anti-nausea medicine if needed. <input type="checkbox"/> Your IV fluids will be stopped if you drink enough fluids.	<input type="checkbox"/> You will have a full liquid diet or regular diet, as you can tolerate. <input type="checkbox"/> You will be given a nutritional supplement to drink 2 to 3 times during the day.	<input type="checkbox"/> You can have a regular diet, if tolerated. You may leave the hospital if you can eat a regular diet.

	Hospital Day 1 (day of surgery) Date: _____	Hospital Day 2 (first day after surgery) Date: _____	Hospital Day 3 (second day after surgery) Date: _____	Hospital Day 4 (third day after surgery) Date: _____
<p>Comfort</p>  <p>Your pain goal:</p>	<ul style="list-style-type: none"> <input type="checkbox"/> You may have an epidural to help manage your pain. After surgery, the epidural will give you a steady flow of medicine. <input type="checkbox"/> You will also take acetaminophen (Tylenol®) to help control your pain. <input type="checkbox"/> Tell the nurse if your pain is not under control. <input type="checkbox"/> Ask for anti-itch medicine, if needed. <input type="checkbox"/> You may receive integrative therapies (such as acupuncture or massage) if they are available at your hospital. 	<ul style="list-style-type: none"> <input type="checkbox"/> The epidural will stay in place (if you have one). <input type="checkbox"/> The nurse will ask you for your pain level. <input type="checkbox"/> Tell the nurse if your pain is not under control. <input type="checkbox"/> You will also take acetaminophen (Tylenol®) to help control your pain. <input type="checkbox"/> Ask for anti-itch medicine, if needed. <input type="checkbox"/> You may receive integrative therapies (such as acupuncture or massage) if they are available at your hospital. 	<ul style="list-style-type: none"> <input type="checkbox"/> Your epidural will stay in place for 48 to 72 hours after surgery is done. <input type="checkbox"/> You will receive other pain medicines by mouth. <input type="checkbox"/> You will also take acetaminophen (Tylenol®) to help control your pain. <input type="checkbox"/> You may receive integrative therapies (such as acupuncture or massage) if they are available at your hospital. 	<ul style="list-style-type: none"> <input type="checkbox"/> You may leave the hospital when your pain is under control. <input type="checkbox"/> You may receive integrative therapies (such as acupuncture or massage) if they are available at your hospital.
<p>Breathing</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Take deep breaths and cough often. <input type="checkbox"/> Use your incentive spirometer as directed. <input type="checkbox"/> You will receive oxygen. <input type="checkbox"/> An oxygen machine will check oxygen levels in your blood. 	<ul style="list-style-type: none"> <input type="checkbox"/> Use your incentive spirometer every 2 hours while awake. <input type="checkbox"/> An oxygen machine will check oxygen levels in your blood. <input type="checkbox"/> If your oxygen levels are OK, the nurse will remove the oxygen from your nose. 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue to use your incentive spirometer as directed. <input type="checkbox"/> After your epidural is removed, you do not need to be connected to the oximeter. 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue to use your incentive spirometer as directed.

	Hospital Day 1 (day of surgery) Date: _____	Hospital Day 2 (first day after surgery) Date: _____	Hospital Day 3 (second day after surgery) Date: _____	Hospital Day 4 (third day after surgery) Date: _____
Bladder, Bowel 	<input type="checkbox"/> You will have a catheter in your bladder.	<input type="checkbox"/> Let the nurse know if you have started to pass gas or if you had a bowel movement. <input type="checkbox"/> The nurse will remove the bladder catheter.	<input type="checkbox"/> Let the nurse know if you have started to pass gas or if you had a bowel movement. <input type="checkbox"/> The nurse will remove the bladder catheter, if it has not been removed.	<input type="checkbox"/> Let the nurse know if you have started to pass gas or if you had a bowel movement. <input type="checkbox"/> The nurse will remove the bladder catheter, if it has not been removed.
Education 	<input type="checkbox"/> diet <input type="checkbox"/> incision site care <input type="checkbox"/> pain medicine <input type="checkbox"/> activity <input type="checkbox"/> when to call your doctor			

When You Are Ready to Leave the Hospital (Discharge)

You can be discharged from the hospital when you:

- are able to eat and drink without problems
- can take your pain medicine by mouth
- are able to urinate without problems
- are able to pass gas or have a bowel movement.

Discharge Plans

- Who will help you at home?

- What are your needs at home?

- Who is taking you home?
