







Bowel Resection Patient Care Path

Use this handout to track your care and recovery

DAY OF SURGERY





<p>EDUCATION</p>	 <p>Need to Know:</p> <p>Your nurse will explain the recovery process and goals for today.</p> <p>Items you will have during your recovery:</p> <ul style="list-style-type: none"> ▪ “IV”: You have an “IV” placed in your hand or arm to give you fluids and medication. It will remain in place until you are able to drink liquids. ▪ Catheter: A catheter will be inserted into your bladder during surgery. It is there to drain urine. It will be removed when you are able to walk to the bathroom. ▪ “Leg sleeves”: These will be on while you are in bed. The “leg sleeves” help with circulation and prevent blood clots.  <p>Items you may or may not have depending on your physician:</p> <ul style="list-style-type: none"> ▪ Tri-Flow: It is an instrument used for breathing exercises. The nurse will show you how to use it. You will use it during your entire stay. ▪ NG tube: It assists with relieving abdominal discomfort. ▪ “PCA” machine (a.k.a. Patient-Controlled Analgesia): It is one way to give you pain medication. The nurse will show you how to use it.
<p>DIAGNOSTIC TESTS</p>	 <p>Blood pressure and temperature will be checked frequently. Nurse will check abdomen for sounds, swelling, and pain.</p>
<p>MEDICATION</p>	 <p>Pain Medication: You will receive pain medication via a PCA machine or shots.</p> <p>If you have pain, tell your nurse.</p> <p>Also, tell your nurse if you:</p> <ul style="list-style-type: none"> ▪ Cannot sleep ▪ Have nausea ▪ Feel itchy ▪ Feel restless or nervous



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DAY 1 – 2

<p>EDUCATION</p>	<p>Need to Know:</p>  <p>Today the nurse will review instructions about:</p> <ul style="list-style-type: none"> ▪ Getting out of bed ▪ Doing breathing activities ▪ Controlling pain ▪ Taking medications ▪ Eating and nutrition <div data-bbox="1166 520 1500 737" style="border: 1px solid blue; border-radius: 50%; padding: 10px; width: fit-content; margin-left: auto;"> <p>Thought for the Day</p> </div> <p>Did you know that the more you walk, the better you will feel? Walking helps to decrease gas pains and to stimulate the return of normal bowel function. So, be as active as you can be & WALK!</p>  <p>The catheter will be removed if you can walk to the bathroom. If your catheter is removed, use the collection hat in the bathroom so the nurse can measure your fluid output.</p> <p>The nurse will begin discharge planning with other healthcare team members. Together they will plan for your post-hospital needs.</p> <p>Be prepared to answer questions such as:</p> <ul style="list-style-type: none"> ▪ Do you live by yourself? ▪ Is help available? ▪ What do you usually eat at home?
<p>DIAGNOSTIC TESTS</p>	 <p>Blood pressure and temperature will be checked 3 times today. Nurse will check your abdomen for sounds, swelling, and pain. Your doctor may or may not order blood tests.</p>
<p>MEDICATION</p>	 <p>If your pain score is greater than <u>4</u> (scale 0-10), tell your nurse.</p> <p>Tell your nurse if you:</p> <ul style="list-style-type: none"> ▪ Cannot sleep ▪ Have nausea ▪ Feel itchy ▪ Feel restless or nervous

DAY 1 – 2 (CONT.)

NUTRITION	 <p>No nausea? That is a good sign. Your doctor may start you on sips of water and allow you to drink liquids. NO straws! The I.V. will stay in place until you are able to drink fluids easily.</p>
TREATMENTS	 <p>Turning: Keep turning every <u>2</u> hours. Ask a staff person if you need assistance. “Leg sleeves”: Will be on while in bed. Tri-Flow: If it is ordered, use it <u>10</u> times every hour.</p>
ACTIVITIES	  <p>Today, you will:</p> <ul style="list-style-type: none">▪ Sit in a chair for <u>30</u> minutes (or more) at least <u>3</u> times.▪ Walk in the hallway with staff assistance at least <u>3</u> times.▪ Continue deep breathing and coughing exercises <u>10</u> times every hour.▪ Comb your hair, brush your teeth, and shave with assistance or by yourself.
DAILY GOALS	<p>PATIENT</p>  <p>GOALS</p> <p>We hope that by the end of the day:</p> <ul style="list-style-type: none">▪ Your pain score is less than 4.▪ You are able to sit in a chair for 30 minutes 3 times.▪ You are able to walk in the hallway with assistance 3 times.▪ You are able to raise 3 balls in the Tri-Flow.▪ You start sips of clear liquids.


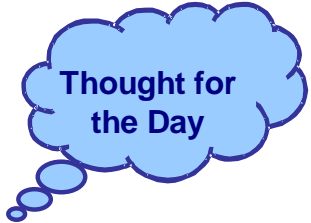




Write down any questions you may have and give to nurse or physician





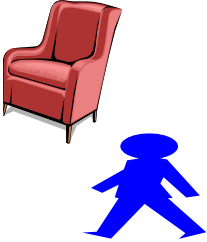

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DAY 3 – 4

<p>EDUCATION</p>	<p>Need to Know:</p>  <p>Today the nurse will talk with you about:</p> <ul style="list-style-type: none"> ▪ Doing activity ▪ Controlling pain ▪ Taking medications ▪ Drinking fluids  <p>Did you know that you may go home in 24-48 hours if you are progressing and meeting your daily goals?</p> <p>If you still have a catheter, it will be removed if you can walk to the bathroom. If your catheter is removed, use the collection hat in the bathroom so the nurse can measure your fluid output.</p>  <p>Did you pass gas or have a bowel movement? Tell your nurse.</p> <p>A dietitian may visit you today to discuss your diet if requested by you or your physician.</p>  <p>If your procedure involved the creation of a colostomy or an ileostomy, a nurse specialist will visit you to discuss the appliance and its care.</p> <p>A social worker is available to help plan for post-hospital care.</p>
<p>DIAGNOSTIC TESTS</p>	 <p>Blood pressure and temperature will be checked 3 times today. Nurse will check abdomen for sounds, swelling, and pain. Your doctor may or may not order blood tests.</p>
<p>MEDICATION</p>	 <p>Tell your nurse if you:</p> <ul style="list-style-type: none"> ▪ Have pain ▪ Cannot sleep ▪ Have nausea ▪ Feel itchy ▪ Feel restless or nervous

DAY 3 – 4 (CONT.)





NUTRITION	 <p>No nausea? That is a good sign. Your doctor may start you on sips of water and allow you to drink liquids. NO straws! The I.V. will stay in place until you are able to drink fluids easily.</p>
TREATMENTS	 <p>Turning: Keep turning every <u>2</u> hours. Ask a staff member if you need assistance. “Leg sleeves”: Will be on while in bed. Tri-Flow: Use it <u>10</u> times every hour.</p>
ACTIVITIES	 <p>Today, you will:</p> <ul style="list-style-type: none">▪ Sit in a chair for <u>45</u> minutes (or more) at least <u>3</u> times.▪ Walk in hallway with assistance or by yourself at least <u>4</u> times.▪ Brush your teeth, comb your hair, and shave. Ask staff if you need assistance.
DAILY GOALS	 <p>We hope that by the end of the day:</p> <ul style="list-style-type: none">▪ Your pain is under control.▪ You are able to sit in a chair for 45 minutes 3 times.▪ You are able to walk in the hallway 4 times.▪ You are able to drink fluids without problems.▪ Your catheter is removed and you are able to use the bathroom.▪ You raise 3 balls in the Tri-Flow.▪ Your “leg sleeves” are removed.▪ You receive a visit from a nurse specialist regarding colostomy or ileostomy appliance (if applicable).▪ You are able to open/close colostomy or ileostomy appliance clamp and empty contents (if applicable).▪ You will have a ride to take you home.

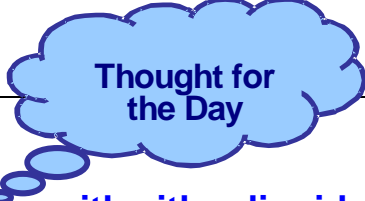
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DAY 5 – GOING HOME	
<p>EDUCATION</p>	<p>Need to Know: Your doctor may let you go home today!</p> <p>Discharge can occur as early as 10:00 a.m.</p> <p>The nurse will also review information about:</p> <ul style="list-style-type: none"> ▪ Diet ▪ Medications ▪ Activity and Exercise <p>Do you know when to call your doctor? Call immediately if you:</p> <ul style="list-style-type: none"> ▪ Feel bloated or have stopped passing gas ▪ Feel nauseated ▪ Have chills or fever ▪ There is redness or burning at incision site
<p>MEDICATION</p>	<p></p> <p>Your doctor will write a list of medications you are to continue taking at home.</p>
<p>NUTRITION</p>	<p></p> <p>Your doctor will select your diet.</p> <p>Your doctor may send you home with either liquid or solid food.</p>
<p>ACTIVITIES</p>	<p></p> <p>Today, you will:</p> <ul style="list-style-type: none"> ▪ Continue to do as much as you can independently. ▪ Ask staff if you need assistance.
<p>DAILY GOALS</p>	<p></p> <p>PATIENT GOALS</p> <p>Today:</p> <ul style="list-style-type: none"> ▪ You are ready to go HOME! ▪ You are able to take pain pills without problems. ▪ You are able to walk independently. ▪ You are able to drink fluids easily. ▪ You are able to comb hair, brush teeth, shave, and get dressed with little or no assistance. ▪ You are aware of the danger signals to watch for at home. ▪ You know when to call the doctor. ▪ You are able to care for your colostomy or ileostomy appliance without guidance.



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