



COLON RESECTION DISCHARGE INSTRUCTIONS

1. Please call (804) 249-2465 for a follow-up appointment in _____.
2. You may take over-the-counter Tylenol (acetaminophen) or Motrin (ibuprofen) for pain (but avoid NSAIDs like ibuprofen if you have ulcerative colitis or Crohn's).
3. Take new prescriptions, including any for breakthrough pain, as directed. **NO DRIVING WHILE TAKING PRESCRIPTION PAIN MEDICATIONS.**
4. Continue a soft diet at home with low fiber until your follow-up appointment.
5. No heavy lifting or strenuous housework such as vacuuming for 4 weeks.
6. No driving for 2 weeks.
7. You may shower, but not bathe so as to not submerge the incisions.
8. You may have "skin glue" over your incisions that will slough off over time.
9. If you have staples or visible sutures externally, these are typically removed at your follow-up appointment.
10. If you have an external drain that is removed before discharging, your nurse can send you home with gauze as this site may continue to have some drainage for a few days.
11. If you take blood thinners, clarify with your physician before resuming.
12. If you have not had your first bowel movement while still in the hospital, do not be alarmed if the first few are loose and contain some blood. This should taper off shortly. Your bowel habits may not have a consistent pattern for the first month following surgery. Do not start taking any laxatives, including stool softeners, without first asking your surgeon.
13. You may walk as desired and may go up and down stairs.
14. Any pathology results (if applicable) can take 1-2 weeks to result. Your physician's office will notify you of these.
15. If your team recommends any home health needs, the hospital case manager can provide more detailed information on this. Typically, home health agencies call you within the first 24hrs of discharge. This includes help for attaining additional ostomy supplies if this applies.
16. If you have a new ileostomy, please see separate instructions for careful output record-keeping and further instructions.
17. If you develop increasing abdominal pain, vomiting, or fevers - please call the office or come to the ER to be evaluated.
18. There is a surgeon on-call 24/7 to discuss new, urgent concerns. (804) 249-2465.