

Monitoring:

Many different things will be monitored while you are in hospital after surgery including:

- Blood Pressure, Temperature, Heart Rate and Oxygen saturations
- Pain assessment
- Fluid intake
- Fluid output
- Dietary intake
- Bowel activity
- Mobility

Each day after surgery you will be encouraged to sit out for longer and mobilise more frequently. Nursing staff will help you to achieve daily goals.

What to bring to hospital:

- Medications List
- Comfortable clothing
- Towels and underwear
- Toiletries—toothbrush, toothpaste, shaving equipment etc.

Suggested Timetable

Day before Surgery—no food after light lunch

2pm 1st Picolax; 5pm 2nd Picolax

Carbohydrate drinks x 4

6pm Clexane injection

Morning of Surgery—no food

6am Carbohydrate drinks x 2 (NOT FOR DIABETICS)

Useful contacts:

Fiona McNally

Enhanced Recovery CNM II

Phone: (01) 8528450 / (01) 8093222

Elaine Webb / Suzanne Reid

Stoma Care

Phone: (01) 8092396

Janette Hanway / Caroline Fogarty / Sarah Kelly

Coloproctology CNS

Phone: (01) 8093222

Out of hours: Phoenix ward

Phone: (01) 8092329 / (01)8092331

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Authors: Fiona mcnally



Beaumont Hospital Enhanced Recovery Programme Colorectal Surgery Patient Information Leaflet



Welcome to Beaumont Hospital

Patient Information:

You have been admitted to Beaumont for an operation on your bowel, and will be taking part in the Enhanced Recovery Programme.

The Enhanced Recovery Programme is about improving patient outcomes and experience, providing early rehabilitation after surgery. This allows an earlier return to everyday activities from social life to work life, while always receiving evidence based best practice in care.

What happens?

During your hospital stay there will be daily goals which you will be encouraged to achieve. A team of doctors, nurses and other healthcare professionals will be monitoring your progress and will support you in reaching your goals.

Before Surgery:

On the day before your operation, **you may be asked to take some bowel prep** to help clear the contents of your bowel. This gives you loose stools. It is important that you drink plenty of clear fluids to replace what is lost. After a light lunch, your next meal will be after your operation.

You will also be given clear carbohydrate drinks (4 cartons) the day before surgery, and 2 cartons the morning of your operation (unless you are diabetic). These carbohydrate drinks

help improve your well-being, reduce loss of lean body mass, improve muscle function and reduce rehabilitation time. They do not affect bowel function.



The evening before your surgery you need to have a small injection of Clexane—this helps reduce the risk of blood clot (thrombosis). You will be shown how to administer the injection by a nurse prior to your admission. **Take Clexane at 6pm on the evening prior to your surgery.** Please bring the needle into the hospital on the day of surgery for safe disposal.

DOSA [Day Of Surgery Admissions]:

Routinely we admit patients to the hospital on the morning of their surgery. The day before your surgery you will be contacted by Admissions with the time to come into the **lower ground floor** to DOSA. Do not take any medications on the day of surgery and bring your medications in with you. Any necessary meds will be given to you at this time. You will meet a doctor and a nurse who will prepare you for theatre. After your surgery you will be assigned a bed in one of our surgical wards.

After Surgery—Tubes and Drips:

During your operation, a tube (catheter) will be put in your bladder so that we can check your kidneys are working well and producing urine. You will have a drip put in your arm during your operation to make sure you get enough fluid. This will be removed when you are drinking oral fluids sufficiently after your operation. You will also be given oxygen via a mask, and later nasal prongs for the first 1-2 days after your operation.

Pain Control:

It is important that your pain is controlled so that you can walk around, breathe deeply, eat, drink, feel relaxed and sleep well. You may have an infusion in your back (epidural) which will provide a continuous supply of pain relief, by numbing the surgical area.

Another alternative is a PCA which is a patient controlled analgesia pump. This allows you to press a button for pain relief as needed. It has a lock-out mechanism which prevents you from getting too much medicine. It is important that you use this as and when you need it in order to remain comfortable in the post-operative period.

Sickness:

Sometimes after an operation a person may feel nauseated, or potentially vomit. This can be caused by the anaesthetic agents or drugs used in the operation. If you are feeling sick, be sure to inform your nurse who will get anti-sickness medication for you.

Eating and Drinking:

After your operation, we will start you taking sips of water that evening. From the following morning you can start taking some oral diet and fluids e.g. tea and toast, soup, jelly and ice-cream.

Mobilising:

Mobilising after your surgery is a huge part of your recovery. You should aim to go for 4 walks on the day after your surgery and sit out for at least 6 hours. This helps to improve your circulation, reduce the risk of chest infections and reduce the risk of blood clotting. It also helps to stimulate the return of bowel function. Your nurse will assist you to mobilise for the first few days after your operation.

