

# Colorectal Surgery Recovery

## Pathway: 2-Day Hospital Stay

Surgery date: \_\_\_\_\_

Expected discharge date: \_\_\_\_\_

These are goals for your recovery. **Your recovery may not follow this pathway exactly.** Your care team will help you know what to expect. Read your surgery guide to learn more.

It's helpful to use your Goals to Discharge Checklist to track your recovery. We'll send the checklist to your MyMSK account. To learn more, read *How to use Your MyMSK Goals to Discharge Checklist*. You can find it at [www.msk.org/pe/goals\\_discharge\\_checklist](http://www.msk.org/pe/goals_discharge_checklist) or ask for a print copy.

### The day of surgery

#### What to do

- Use your incentive spirometer 10 times every hour you're awake.
- Do coughing and deep breathing exercises.
- Move from your bed to your chair. A staff member will help you.
- Walk with help from your physical therapist or nurse.

#### Tubes and drains to expect

- You will have a urinary (Foley) catheter.

#### Medicines to expect

- Pain medicine, as needed.
- Nausea medication, as needed.

#### What to eat and drink

- Follow a clear liquid diet.

### 1 day after surgery

#### What to do

- Plan your discharge with your caregiver and nurse or case manager.
- Make sure you have a ride home.
- Use your incentive spirometer 10 times every hour you're awake.
- Do coughing and deep breathing exercises.
- Sit in your chair for longer than yesterday.
- Walk 4 or more times.

#### Tubes and drains to expect

- Your care team will take out your urinary catheter.

#### Medicines to expect

- Some of your usual medicines. Your care team will give you more information.
- Pain medicine, as needed.

#### What to eat and drink

- Slowly start eating solid foods.

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## 2 days after surgery (day of discharge)

### What to do

- Plan to leave the hospital by 11 a.m.
- If your ride isn't ready when you're discharged, you may move to the discharge lounge while you wait. Ask your nurse for more information.
- Your nurse will give you discharge instructions and review your medicines.
- If a nurse will be visiting you at home, your case manager will give you information about the nursing agency.

### Medicines to expect

- Your care team will tell you what to expect. Follow their instructions.
- Your doctor may give you prescriptions for pain medicine and a stool softener.

### What to eat and drink

- Follow your care team's instructions.

## After discharge

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| <ul style="list-style-type: none"><li>• Follow the instructions in your surgery guide.</li><li>• Walk more than you did yesterday.</li><li>• It's normal to be more tired than usual.</li><li>• Do not drive until your doctor tells you it's OK.</li></ul> | <ul style="list-style-type: none"><li>• Do not lift more than 10 pounds (4.5 kilograms) for at least 6 weeks.</li><li>• Call your doctor's office if you have any questions or concerns.</li></ul> |
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