



The caring of before and after colorectal surgical operation

I. Bowel preparation for surgery

Purpose: A “bowel preparation” is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out all solid matter from the bowel. Please follow these instructions below.

II. Two preparing methods before operation

i. One-day preparing method

- (i) Take laxatives medication following the doctor’s orders and drink more water the day before operation.
- (ii) Take antibiotics following the doctor’s orders (depends on individual).
- (iii) Completion of the written consent formulation.
- (iv) Physical examination before operation including: electro cardiogram, liver and renal function examination, chest radiograph (chest X-ray), anesthesia interview and blood test.
- (v) Depends on individual condition, we may consult to other experts for pre-operative surveys, e.g. Anesthesiology Department, Cardiology Department, Respiratory Therapy, Pain Management...etc.

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All information above has been reviewed by Colorectal Surgery specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

- (vi) Having clear liquid diet. A clear liquid diet includes only liquids that don't have any pulp, bits of food or any other residue. These clear liquids diet are allowed: sports drinks, cherry juice, clear soft drinks, black coffee or tea(no milk or cream) fat-free clear vegetable broth, fat-free clear chicken broth, fat-free clear beef broth, honey water, syrup water, juice with no granules... etc., but NO MILK or MILK /CREAM PRODUCTS.
- (vii) Perform cleansing enema by prescription at night.
- (viii) NO FOOD and WATER after mid-night.
- (ix) Practice deep breathing and coughing exercises under nurse's instruction.

ii. Three-day preparing method

- (i) Before 3 days of operation:
 - (a) Having low residue diet, low fiberfood, e.g. tender meat, noodles, juice without pulp (such as apple, grape, cranberry and prune)...etc., but NO MILK or MILK/ CREAM PRODUCTS.
 - (b) .Have a warm saline enema at night.
- (ii) Before 2 days of operation:
 - (a) Having low fiber, low residue diet.
 - (b) Have a warm saline enema at night.
- (iii) Before 1 day of operation:
 - (a) Take laxatives medication following the doctor's (depends on individual).
 - (b) Other preparations refer to One-day preparing method above.

III. Notes on operation day

- i. **NO FOOD and DRINK.**
- ii. Take off all unnecessary accessories, e.g. watch, necklace, ring,

denture tooth, nail polish... etc. Please **BE WARE OF** all valuables.

- iii. Dress on the operation gown, wear the identification wristband, and wait until the operation room's call.
- iv. Please empty the bladder before the operation staff comes.

IV. Notes after operation

- i. Peripheral or central venous catheter, nasogastric tube, urinary catheterization, and wound drainage tube will be on after operation. Please keep all tubes steady and fluent.
- ii. Elevating the head of the bed at approximately 45 degrees, turn the body over once around 1-2 hours, get out of bed and engage in light activity (as sitting, standing, or walking) as soon as possible, it can avoid pressure injury, improve bowel movements and flatus passage.
- iii. Deep breathing and coughing exercise, using steam inhalation four times one day (if needed) and pat the back. It can help avoid sputum accumulation.
- iv. If there is any pain, discomfort, or gauze is getting wet, please contact nurse on duty.
- v. If there were colostomy after surgery, patient and family need to learn colostomy home caring by following the nurse's instruction and colostomy manual after patient's condition is stable.

V. Dietary suggestion

- i. Patient is not allowed to eat for 1-5 days after operation generally. After bowel movement and flatus or stool passage, then food and water are allowed progressively following the doctor's and nurse instruction.

- ii. Having balance with high protein, vitamin C, E dietary, e.g. meat, egg, milk, orange, pear, grape, deep-color vegetable, grains, egg yolk... etc.
- iii. Avoid smoking, alcohol, fatty, spicy and stodgy food.
- iv. If having diarrhea, please eating small frequent meals, multiple meals a day. Take Low-fiber food such as tender meat, grains, fruit and vegetable juice, and more water. Keep adequate hydration if necessary you may take some prescribed anti-diarrheal pills.
- v. If there were colostomy, please eat a bland diet and avoid the food that can make gas easily such as cabbage, beans, potato...etc.



Let's take the quiz to make sure you understand

1. Practice deep breathing and coughing before surgery to prevent pulmonary complications after surgery.

Yes No Don't know

2. A clear liquid diet must be taken the day before surgery (such as honey water, sugar water, transparent fruit juice without fruit pieces, vegetable soup, broth, avoid milk and milk products).

Yes No Don't know

3. There is no need to remove dentures, contact lenses and nail polish on the day of surgery.

Yes No Don't know

4. After the operation, adopt a semi-sitting and lying position, raise the head of the bed about 45-60 degrees, and turn over at least once every 1 to 2 hours to prevent pressure injuries on the buttocks. Use a progressive method of getting out of bed to promote intestinal peristalsis and help exhaust.

Yes No Don't know

5. If you have an enterostomy after surgery, eat less gas-producing foods, such as cabbage, beans, sweet potatoes, etc.

Yes No Don't know