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## **PATIENT INFORMATION FROM YOUR SURGEON & SAGES**

### **Laparoscopic Colon Resection**

- Less postoperative pain
  - May shorten hospital stay
  - May result in a faster return to solid-food diet
  - May result in a quicker return of bowel function
  - Quicker return to normal activity
  - Improved cosmetic results
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- Preoperative preparation includes blood work, medical evaluation, chest x-ray and an EKG depending on your age and medical condition.
  - After your surgeon reviews with you the potential risks and benefits of the operation, you will need to provide written consent for surgery.
  - Blood transfusion and/or blood products may be needed depending on your condition.
  - It is recommended that you shower the night before or morning of the operation.

- The rectum and colon must be completely empty before surgery. Usually, the patient must drink a special cleansing solution. You may be on several days of clear liquids, laxatives and enemas prior to the operation.
- Antibiotics by mouth are commonly prescribed. Your surgeon or his/her staff will give you instructions regarding the cleansing routine to be used.
- Follow your surgeon's instructions carefully. If you are unable to take the preparation or the antibiotics, contact your surgeon.
- If you do not complete the preparation, it may be unsafe to undergo the surgery and it may have to be rescheduled.
- After midnight the night before the operation, you should not eat or drink anything except medications that your surgeon has told you are permissible to take with a sip of water the morning of surgery.
- Drugs such as aspirin, blood thinners, anti-inflammatory medications (arthritis medications) and Vitamin E will need to be stopped temporarily for several days to a week prior to surgery.
- Diet medication or St. John s Wort should not be used for the two weeks prior to surgery.
- Quit smoking and arrange for any help you may need at home.

- Obesity
- A history of prior abdominal surgery causing dense scar tissue
- Inability to visualize organs
- Bleeding problems during the operation
- Large tumors

- You are encouraged to be out of bed the day after surgery and to walk. This will help diminish the soreness in your muscles.
- You will probably be able to get back to most of your normal activities in one to two weeks time. These activities include showering, driving, walking up stairs, working and engaging in sexual intercourse.
- Call and schedule a follow-up appointment within 2 weeks after your operation.

- Bleeding
- Infection
- A leak where the colon was connected back together.
- Injury to adjacent organs such as the small intestine, ureter, or bladder
- Blood clots to the lungs.

- Persistent fever over 101 degrees F (39 C)
- Bleeding from the rectum
- Increasing abdominal swelling
- Pain that is not relieved by your medications
- Persistent nausea or vomiting
- Chills
- Persistent cough or shortness of breath
- Purulent drainage (pus) from any incision
- Redness surrounding any of your incisions that is worsening or getting bigger
- You are unable to eat or drink liquids

This brochure is intended to provide a general overview of a laparoscopic colon surgery. It is not intended to serve as a substitute for professional medical care or a discussion between you and your surgeon about the need for a laparoscopic colon surgery. Specific recommendations may vary among health care professionals. If you have a question about your need for a laparoscopic colon surgery, your alternatives, billing or insurance coverage, or your surgeons training and experience, do not hesitate to ask your surgeon or his/her office staff about it. If you have questions about the operation or subsequent follow up, discuss them with your surgeon before or after the operation.

#### **ADDITIONAL INSTRUCTIONS:**

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