



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

Home Care Instructions for Bowel Resection

Diet

- Once you are able to pass gas you will start a clear liquid diet.
- After surgery, the Doctor will discuss the time frame of the full liquid diet and soft diets. (see diet sheet)
- Eat small portions and do not over eat.
- Chew your food well.
- Drink 2 quarts of liquids daily. Warm liquids will help stimulate bowel movements and alleviate abdominal pain. (Limit caffeinated/carbonated liquids)

Bowel Movements

- Do not become constipated. It is important to have daily bowel movements.
- If no bowel movement after 24 hours, take 2 tablespoons of Milk of Magnesia followed by 16oz of liquids. Continue to drink fluids until results. May repeat Milk of Magnesia if no results after 6 hours.
- **Do not take Milk of Magnesia if history of kidney disease/failure.**
- Your bowel movements may be loose and frequent for several weeks.

Activity/Work

- No lifting greater than 20 pounds for the first 6 weeks after surgery.
- You may shower and gently cleanse incision. Do not scrub or submerge your incision.
- It is important to remain active after surgery. Do not cross your legs, sit for long periods of time, or take long rides in the car.
- Take short walks, 6-8 times a day to increase your strength and stimulate bowel activity.
- Take frequent naps.
- It is usually ok to resume sexual activity after 6 weeks.
- Depending on the type of work you do and your general health, you may return to work 4-6 weeks after surgery. If you have any concerns, discuss them with your doctor or staff.
- If the surgery is **laparoscopic**, you may return to work in 2-3 weeks after surgery.

Driving

- No driving for the first 3 weeks after surgery or while on any narcotic pain medications.
- You may resume driving when you do not have pain with sitting, braking, or turning to check your blind spot.
- You should not be light headed or dizzy while driving.

(over)

Medications

- It is ok to use over the counter Tylenol or Advil for pain control.
- If using narcotics such as Vicodin, then it is important to take stool softeners. (Ex: Colace or generic name is ducosate sodium, one tablet twice a day. Best tolerated when taken with food from your previously described diet)
- If you have a history of hard stools, straining, or constipation you may be directed to use Miralax or a stool softener twice daily.

Follow Up

- Generally you will have your staples removed at the office 10-14 days after surgery. You will also have a follow up appointment 1 month after your staples are removed.

Reasons to call your doctor

- Any concerns regarding bowel movements. (Ex: Straining, no results after Milk of Magnesia, excessive bleeding from rectum, having greater than 10 bowel movements a day)
- Increase in pain, redness, drainage, or swelling of the incision.
- Increasing abdominal pain, nausea, or vomiting.
- Any difficulty with urination.
- Fever greater than 101 degrees Fahrenheit.

Please call our office with any questions: (920) 494-9685