ERAS CRS DISCHARGE INSTRUCTIONS

**Procedure(s) / Surgeries during current admission:** \*\*\*

**Discharge to:** {Discharge to:220050}

**If follow up test(s) / diagnostic studies ordered:** Please see patient to do list/appointment section.

**Discharge Instructions:**

Call your Doctor if you have:

1. Redness, swelling, or warmth around your incision
2. A fever greater than 100.5 °F
3. Pain that is not getting better with medication
4. Drainage or pus from your incision site that is green, yellow, or cloudy
5. Persistent loose stools lasting more than 2 days

**Incision Care:**

1. Do NOT pick or scratch your incision.
2. Wash your hands with soap and water before touching your incision.
3. If someone else is caring for you, make sure they wash their hands before caring for you.
4. Look at your incision every morning and night for any changes.
5. Do NOT apply lotions, creams or powders to your incision.
6. Wash your hands after using the bathroom.

**Bathing:**

Once you are home from the hospital, you may shower. When showering, allow the water to run over your incision. Gently wash the incision with an antibacterial soap such as Dial using your clean hand and rinse with water. Do NOT rub or scrub your incision vigorously. Pat gently with a clean towel to dry.

Do NOT use a bathtub, swimming pool, or hot tub for 8 weeks after surgery.

**Diet:**

You will be on a soft foods diet for 2 weeks once you get home from the hospital.

Foods to Enjoy: Soft Foods such as: Yogurt, Pudding, Ice Cream, Applesauce, Jell-O, Bananas, Oatmeal, Mashed Potatoes, Soup, Ripe Avocados, Baked Sweet Potatoes (no skin), Eggs, Creamy Peanut Butter, Fish, Chicken, Turkey, Ground Meats, Pancakes, Sports drinks like Gatorade

Foods to Avoid: Hard Crunchy Foods such as: Nuts, Seeds, Granola, Peels and Skin of Fruits and Raw Vegetables, Steak, Salad, Multi-Grain Bread, Crunchy Peanut Butter, Soda, Beer.

After 2 weeks, you can gradually begin to introduce other foods back into your diet. You should introduce foods 1 at a time to see how you will tolerate them. To prevent discomfort, avoid foods that cause gas, bloating, and constipation. It is important that you stay well hydrated after your surgery. Try to drink 6-8 glasses of water each day. Minimize caffeine and alcohol during your recovery as they cause dehydration.

**Pain Care:**

You may be prescribed medication to control your pain. Pain medication is also available over-the-counter without a prescription.

Over-the Counter Medicine: Ibuprofen (Motrin, Aleve, Advil): Take as directed for mild to moderate pain.

Prescription Pain Medicine: (Norco, Percocet, Ultram): Take only AS NEEDED with food for pain. May cause constipation and nausea.

**Activity:**

You should not lift anything heavier than 10 pounds for 6 weeks after your surgery.

You should not drive if you are taking prescription pain medicines.

You may climb stairs, walk, and resume your normal level of activity unless directed otherwise. It is normal to feel tired after surgery. Listen to your body and don’t over-do it!

Your may resume sexual activity 2 weeks after your surgery.

**Bowel Habits:**

Your bowel habits may be different than they were before your surgery. To avoid constipation, you may try the following:

-Drinking prune juice

-Eating applesauce with every meal, especially if you are taking prescription pain medicine

-Taking stool softeners as directed that you can purchase from a local pharmacy.

If you have not had a bowel movement for 2 days, try:

-Taking 2 Tablespoons of Milk of Magnesia (available for purchase at your local pharmacy). You may repeat every 6 hours as needed.

Remember, prescription pain medicine may cause constipation. It is important to drink plenty of fluids to prevent constipation.

**Special Medication Instructions:**

{Special Medication Instruction(s):220059}

**Contact Information:**

A surgeon from the Colon Rectal Specialists is available 24 hours a day, 7 days a week for medical emergencies. You may contact the “doctor on call” by phoning their office at (248) 852-8020. The emergency center at Beaumont Health system in Troy is also available 24 hours a day, 7 days a week.

{Attestation:200150}

ERAS COLOSTOMY DISCHARGE INSTRUCTIONS

**Procedure(s) / Surgeries during current admission:**

**Discharge to:** {Discharge to:220050}

**If follow up test(s) / diagnostic studies ordered:** Please see patient to do list/appointment section.

**Discharge Instructions:**

Call your Doctor if you have:

1. Redness, swelling, or warmth around your incision
2. A fever greater than 100.5 °F
3. Pain that is not getting better with medication
4. Drainage or pus from your incision site that is green, yellow, or cloudy
5. Persistent loose stools lasting more than 2 days

**Incision Care:**

1. Do NOT pick or itch your incision.
2. Wash your hands with soap and water before touching your incision.
3. If someone else is caring for you, make sure they wash their hands before caring for you.
4. Look at your incision every morning and night for any changes.
5. Do NOT apply lotions, creams or powders to your incision.
6. Wash your hands after using the bathroom or caring for your ostomy pouch.

**Bathing:**

Once you are home from the hospital, you may shower. When showering, allow the water to run over your incision. Gently wash the incision with an antibacterial soap such as Dial using your clean hand and rinse with water. Do NOT rub or scrub your incision vigorously. Pat gently with a clean towel to dry. Dry your ostomy pouch off like any other part of your body. Once your incision is completely healed, you may shower with your pouching system off if you desire.

Do NOT use a bathtub, swimming pool, or hot tub for 8 weeks after surgery.

**Diet:**

You will be on a soft foods diet for 2 weeks once you get home from the hospital.

Foods to Enjoy: Soft Foods such as: Yogurt, Pudding, Ice Cream, Applesauce, Jell-O, Bananas, Oatmeal, Mashed Potatoes, Soup, Ripe Avocados, Baked Sweet Potatoes (no skin), Eggs, Creamy Peanut Butter, Fish, Chicken, Turkey, Ground Meats, Pancakes, Sports drinks like Gatorade

Foods to Avoid: Hard Crunchy Foods such as: Nuts, Seeds, Granola, Peels and Skin of Fruits and Raw Vegetables, Steak, Salad, Multi-Grain Bread, Crunchy Peanut Butter, Soda, Beer.

After 2 weeks, you can gradually begin to introduce other foods back into your diet. You should introduce foods 1 at a time to see how you will tolerate them. To prevent discomfort, avoid foods that cause gas, bloating, and constipation. It is important that you stay well hydrated after your surgery. Try to drink 6-8 glasses of water each day. Minimize caffeine and alcohol during your recovery as they cause dehydration.

**Pain Care:**

You may be prescribed medication to control your pain. Pain medication is also available over-the-counter without a prescription.

Over-the Counter Medicine: Ibuprofen (Motrin, Aleve, Advil): Take as directed for mild to moderate pain.

Prescription Pain Medicine: (Norco, Percocet, Ultram): Take only AS NEEDED with food for pain. May cause constipation and nausea.

**Activity:**

You should not lift anything heavier than 10 pounds for 6 weeks after your surgery.

You should not drive if you are taking prescription pain medicines.

You may climb stairs, walk, and resume your normal level of activity unless directed otherwise. It is normal to feel tired after surgery. Listen to your body and don’t over-do it!

Your may resume sexual activity 2 weeks after your surgery.

**Ostomy Care:**

You should change your pouching system twice per week. Drain your pouch whenever it is a third to half full of either stool or gas.

You are currently wearing a one/two\*\*\* piece pouching system. The order numbers are: Coloplast #15821 and Hollister Barrier Ring #7805\*\*\* Hollister # 14203 & 18003\*\*\*

If you are having problems with your pouching system, call the Beaumont Ostomy clinic at 844-259-7340

You should follow up in the ostomy clinic after 90 days to discuss management and pouching options.

**Bowel Habits:**

Your bowel habits may be different than they were before your surgery. To avoid constipation

-Drinking prune juice

-Eating applesauce with every meal, especially if you are taking prescription pain medicine

-Taking stool softeners as directed that you can purchase from a local pharmacy.

If you have not had a bowel movement for 2 days, try:

-Taking 2 Tablespoons of Milk of Magnesia (available for purchase at your local pharmacy). You may repeat every 6 hours as needed.

Remember, prescription pain medicine may cause constipation. It is important to drink plenty of fluids to prevent constipation.

**Special Medication Instructions:**

{Special Medication Instruction(s):220059}

**Contact Information:**

A surgeon from the Colon Rectal Specialists is available 24 hours a day, 7 days a week for medical emergencies. You may contact the “doctor on call” by phoning their office at (248) 852-8020. The emergency center at Beaumont Health system in Troy is also available 24 hours a day, 7 days a week.

{Attestation:200150}

ERAS ILEOSTOMY DISCHARGE INSTRUCTIONS

**Procedure(s) / Surgeries during current admission:** \*\*\*

**Discharge to:** {Discharge to:220050}

**If follow up test(s) / diagnostic studies ordered:** Please see patient to do list/appointment section.

**Discharge Instructions:**

Call your Doctor if you have:

1. Redness, swelling, or warmth around your incision
2. A fever greater than 100.5 °F
3. Pain that is not getting better with medication
4. Drainage or pus from your incision site that is green, yellow, or cloudy
5. Persistent loose stools lasting more than 2 days

**Incision Care:**

1. Do NOT pick or scratch your incision.
2. Wash your hands with soap and water before touching your incision.
3. If someone else is caring for you, make sure they wash their hands before caring for you.
4. Look at your incision every morning and night for any changes.
5. Do NOT apply lotions, creams or powders to your incision.
6. Wash your hands after using the bathroom.

**Bathing:**

Once you are home from the hospital, you may shower. When showering, allow the water to run over your body. Gently wash your body with an antibacterial soap such as Dial using your clean hand and rinse with water. Do NOT rub or scrub your incision vigorously. Pat gently with a clean towel to dry. Dry your ostomy pouch off like any other part of your body. Once your incision is completely healed, you may shower with your pouching system off if you desire.

Do NOT use a bathtub, swimming pool, or hot tub for 8 weeks after surgery.

**Diet:**

You will be on a soft foods diet for 2 weeks once you get home from the hospital.

Foods to Enjoy: Soft Foods such as: Yogurt, Pudding, Ice Cream, Applesauce, Jell-O, Bananas, Oatmeal, Mashed Potatoes, Soup, Ripe Avocados, Baked Sweet Potatoes (no skin), Eggs, Creamy Peanut Butter, Fish, Chicken, Turkey, Ground Meats, Pancakes, Sports drinks like Gatorade

Foods to Avoid: Hard Crunchy Foods such as: Nuts, Seeds, Granola, Peels and Skin of Fruits and Raw Vegetables, Steak, Salad, Multi-Grain Bread, Crunchy Peanut Butter, Soda, Beer.

After 2 weeks, you can gradually begin to introduce other foods back into your diet. You should introduce foods 1 at a time to see how you will tolerate them. To prevent discomfort, avoid foods that cause gas and bloating. It is important that you stay well hydrated after your surgery. Try to drink 6-8 glasses of water each day. Minimize drinking caffeine and alcohol during your recovery as they cause dehydration.

**Pain Care:**

You may be prescribed medication to control your pain. Pain medication is also available over-the-counter without a prescription.

Over-the Counter Medicine: Ibuprofen (Motrin, Aleve, Advil): Take as directed for mild to moderate pain.

Prescription Pain Medicine: (Norco, Percocet, Ultram): Take only AS NEEDED with food for pain. May cause constipation and nausea.

**Activity:**

You should not lift anything heavier than 10 pounds for 6 weeks after your surgery.

You should not drive if you are taking prescription pain medicines.

You may climb stairs, walk, and resume your normal level of activity unless directed otherwise.

It is normal to feel tired after surgery. Listen to your body and don’t over-do it!

Your may resume sexual activity 2 weeks after your surgery.

**Ostomy Care:**

You should change your pouching system twice per week. Drain your pouch whenever it is a third to half full of either stool or gas.

You are currently wearing a one/two\*\*\* piece pouching system. The order numbers are: Coloplast #15821 and Hollister Barrier Ring #7805\*\*\* Hollister # 14203 & 18003\*\*\*

If you are having problems with your pouching system, call the Beaumont Ostomy clinic at 844-259-7340

You should follow up in the ostomy clinic after 90 days to discuss management and pouching options.

**Bowel Habits:**

Your bowel habits may be different than they were before your surgery. Please record your stool output using the chart you were provided. Your doctor and nurse will want to see it. Remember to bring it with you to your appointments. Your stoma output should be between 500ml-1200ml.

If your stoma output is greater than 300ml within 8 hours, you may take 1 pill of Imodium AD. Adjust your dose of Imodium based on your output.   You may take Imodium AD more often than 8 hours, but no more than 6 pills per day. Imodium AD may be purchased at your local pharmacy.

If you have more than 1200 ml out of your stoma in 24 hours after taking 6 pills of Imodium, call your surgeon.

**Dehydration:**

Patients with an ileostomy are at risk for developing dehydration. Dehydration occurs when your body does not get as much water as it needs. Dehydration can cause dryness of the mouth or tongue, dizziness, weakness, low urine output, leg cramps, dark colored urine, or confusion. To prevent dehydration, try to drink 6-8 glasses of water each day. You should also eat small frequent meals and try to eat foods which will thicken your stool such as applesauce, bananas, rice, and toast.

**Special Medication Instructions:**

{Special Medication Instruction(s):220059}

**Contact Information:**

A surgeon from the Colon Rectal Specialists is available 24 hours a day, 7 days a week for medical emergencies. You may contact the “doctor on call” by phoning their office at (248) 852-8020. The emergency center at Beaumont Health system in Troy is also available 24 hours a day, 7 days a week.

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