

Colorectal surgery: Patient checklist

Our goal is to help you have a safe transition home after your surgery. We will teach you everything you need to know about how to care for your ostomy and monitor your ostomy output.

Day before surgery	Action	Check when done	RN Initials
Medicines	<ul style="list-style-type: none"> Take your bowel preparation (prep) if needed. Follow orders given to you about how to take your blood thinner and diabetes medicines. 		
Eating and drinking guidelines	<ul style="list-style-type: none"> If you are doing a bowel prep, keep eating as normal until noon. At noon, start drinking clear liquids. Keep drinking clear liquids throughout evening. If you are not doing a bowel prep, keep eating as normal until midnight. 		
Actions	<ul style="list-style-type: none"> Take a shower the evening before your surgery with the soap given to you. Call 319-384-8039 if you do not get a call from the O.R. by 6 p.m. with your arrival time. 		
Morning of surgery	Action	Check when done	RN Initials
Medicines	<ul style="list-style-type: none"> Take any medicines you were told to take the morning of your surgery. 		
Eating and drinking guidelines	<ul style="list-style-type: none"> Do not eat the morning of your surgery. Drink 8 ounces of clear liquids until 2 hours before your scheduled surgery. 		
Actions	<ul style="list-style-type: none"> Take a shower on the morning of your surgery with the soap given to you. Take off nail polish, makeup, jewelry, and all piercings. Bring your CPAP machine with you, if you use one. Bring this book with you. Bring information on your implanted devices (such as: pacemaker, pain pumps, AEDs, or nerve stimulators) 		
Going home	Action	Check when done	RN Initials
Getting ready to go home	<ul style="list-style-type: none"> Be sure you have: <ul style="list-style-type: none"> <input type="checkbox"/> A ride home <input type="checkbox"/> Extra oxygen (if you need it) <input type="checkbox"/> All of your belongings that may have been stored in safe keeping while you were in the hospital 		