Important Reminders

The fight against infection starts at home. Be sure to wash your hands thoroughly before and after touching your wound.

If you are a diabetic, talk with your provider about ways to control your glucose before and after surgery.

As soon as you find out you are going to have surgery, we request that you do not smoke. We encourage you to stop smoking even after you are discharged and recovering at home.

North Oaks is a tobacco-free campus. Smoking is not allowed anywhere on North Oaks’ campus, including e-cigarettes.

Make sure you know whom to contact if you have questions or problems after you get home.

Your expected length of stay is ____________________________.

Your planned discharge location is ____________________________.

The date of your follow-up appointment with the surgeon is ____________________________.

Learn more at mychart.northoaks.org.

Your Colon Surgery

Connect with your health
North Oaks is pleased to provide you the opportunity to get connected with your health through myCHART, our online medical record patient portal. myCHART gives you secure, direct online access to portions of your electronic medical record via computer or smartphone.

With a myCHART account you can:
- Request an appointment
- Communicate with your provider and staff
- View lab results
- Request medication refills
- View your discharge “After Visit Summaries”
- Pay your bill.

How do I get started?
Any North Oaks Health System patient age 18 and over is eligible to open a myCHART account. Talk with a staff member during your appointment and you can sign up here today. If you prefer to sign up at home, look for the activation code listed on the “After Visit Summary” you will receive at the end of your visit. The activation code is required to set up your account and begin using myCHART.

Stay connected to your health!
Once your account is active, download the myCHART app for on-the-go convenience from your smartphone.

Thank you for choosing North Oaks Health System. This brochure contains information to help you have the best possible outcome for your upcoming surgery.

Please be sure to follow all instructions as provided by your health care team.

If you have any questions along the way, please contact your health care provider’s office.
### Prior to Surgery
- **Skin Care**: You will see a preadmission nurse to review your medical conditions. The fight against infection starts at home. To prevent infection, make sure you are following the surgeon’s orders for oral antibiotics and bowel preparation.
- **Activity**: Bring a current list of any medications you take at home with you to the hospital. Avoid the use of blood thinners, aspirin and anti-inflammatory medicines. Make sure your home is safe. Move items that may cause an accident. Leave your valuables at home. Do not wear contact lenses, jewelry, make-up, hair products or nail polish.
- **Nutrition**: Plan to have a responsible adult drive you home.
- **Pain Management**: You will be given an antibiotic to reduce the risk of infection. You will receive a follow-up phone call from a nurse once you are at home.
- **Respiratory**: In the evening, shower with antibacterial soap. One hour after shower, wipe your skin with CHG wipes. Wipes will be provided to you.

### Day of Surgery
- **Skin Care**: CHG wipes will be provided at the hospital. Wear a clean hospital gown.
- **Oral Care**: Brush and floss teeth. Rinse with mouthwash. Do not smoke.
- **Respiratory**: Stop smoking at least 8 hours prior to surgery. Do not smoke. If you have symptoms such as redness, pain at the surgery site, drainage or fever, call your doctor.
- **Nutrition**: In the morning, nothing by mouth including mints, tobacco and gum. Diet will be per surgeon’s orders. Chew sugar-free gum for at least 10 minutes three times a day. Drink clear liquids.
- **Pain Management**: Consult with anesthesia. A plan will be developed to manage your comfort level with fewer opioids so that you are comfortable, less nauseated and not constipated.

### Immediately After Surgery
- **Skin Care**: Keep wound dressing clean, dry and intact. Nurse and/or surgeon will assess wound dressing and change as needed. Linens will be changed.
- **Oral Care**: Do not smoke. Cough and do deep breathing exercises. Use the Incentive Spirometer if ordered by physician.
- **Respiratory**: No solid food or follow nutrition orders as directed by surgeon. Nothing by mouth (including mints, tobacco and gum). Your diet will be gradually increased from liquids to solids, depending on how your body reacts. Drink clear liquids. Drink fluids.
- **Nutrition**: Drink plenty of clear nutrition orders as directed by surgeon. Drink clear liquids up to 2 hours before scheduled arrival time. Chew sugar-free gum for at least 10 minutes three times a day. Drink clear liquids.
- **Pain Management**: You will be assisted out of the bed to a chair as directed by the hospital staff. You will be given a bed bath or asked to shower. After, use CHG wipes. Linens will be changed.

### Day One
- **Skin Care**: You will be given an antibiotic to reduce the risk of infection. Medications will be given and compression devices must be worn to reduce blood clots.
- **Oral Care**: Do not smoke. Cough and do deep breathing exercises. Use the Incentive Spirometer if ordered by physician.
- **Respiratory**: No solid food or follow nutrition orders as directed by surgeon. Nothing by mouth (including mints, tobacco and gum). Your diet will be gradually increased from liquids to solids, depending on how your body reacts. Drink clear liquids. Drink fluids.
- **Nutrition**: Drink plenty of clear nutrition orders as directed by surgeon. Drink clear liquids up to 2 hours before scheduled arrival time. Chew sugar-free gum for at least 10 minutes three times a day. Drink clear liquids.
- **Pain Management**: You will be assisted out of the bed to a chair as directed by the hospital staff. You will be given a bed bath or asked to shower. After, use CHG wipes. Linens will be changed.

### Day Two Through Discharge
- **Skin Care**: You will be given an antibiotic to reduce the risk of infection. Medications will be given and compression devices must be worn to reduce blood clots.
- **Oral Care**: Do not smoke. Cough and do deep breathing exercises. Use the Incentive Spirometer if ordered by physician.
- **Respiratory**: No solid food or follow nutrition orders as directed by surgeon. Nothing by mouth (including mints, tobacco and gum). Your diet will be gradually increased from liquids to solids, depending on how your body reacts. Drink clear liquids. Drink fluids.
- **Nutrition**: Drink plenty of clear nutrition orders as directed by surgeon. Drink clear liquids up to 2 hours before scheduled arrival time. Chew sugar-free gum for at least 10 minutes three times a day. Drink clear liquids.
- **Pain Management**: You will be assisted out of the bed to a chair as directed by the hospital staff. You will be given a bed bath or asked to shower. After, use CHG wipes. Linens will be changed.

### At Home
- **Skin Care**: You will be given an antibiotic to reduce the risk of infection. Medications will be given and compression devices must be worn to reduce blood clots.
- **Oral Care**: Do not smoke. Cough and do deep breathing exercises. Use the Incentive Spirometer if ordered by physician.
- **Respiratory**: No solid food or follow nutrition orders as directed by surgeon. Nothing by mouth (including mints, tobacco and gum). Your diet will be gradually increased from liquids to solids, depending on how your body reacts. Drink clear liquids. Drink fluids.
- **Nutrition**: Drink plenty of clear nutrition orders as directed by surgeon. Drink clear liquids up to 2 hours before scheduled arrival time. Chew sugar-free gum for at least 10 minutes three times a day. Drink clear liquids.
- **Pain Management**: You will be assisted out of the bed to a chair as directed by the hospital staff. You will be given a bed bath or asked to shower. After, use CHG wipes. Linens will be changed.