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# Abdominal Surgery

## HOME GOING INSTRUCTIONS



GLASGOW COLORECTAL CENTRE

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[WWW.COLORECTALCENTRE.CO.UK](http://WWW.COLORECTALCENTRE.CO.UK)

GLASGOW COLORECTAL CENTRE

Ross Hall Hospital

221 Crookston Road

Glasgow

G52 3NQ

Phone :

0141 810 3151 (main hospital switchboard)

0808 101 0337 (general pricing and bookings enquiries)

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## **Diet:**

A soft bland diet for the first month: normal diet thereafter. See back for suggested list. Try 6 small meals a day initially. You will receive special instructions from the dietician or Stoma care sister if you have an ileostomy.

### **OKAY**

Lean meats (e.g. chicken)  
Fish  
Bread & butter  
Soup  
Mashed potatoes

### **AVOID**

Spicy or greasy food  
Onion  
Raw vegetables  
Raw fruits  
Fizzy drinks

## **Alcoholic drinks:**

Okay in moderation

## **Dressings:**

Unless otherwise instructed, leave incisions uncovered. Daily showers or baths are okay. Pat wounds dry afterwards.

## **Activity & Driving:**

Avoid activity which causes pain. Walking is good. Climbing stairs and bicycling are also okay. Avoid lifting weights greater than 30 lb. (15 kg). Also avoid straining abdominal muscles (e.g. sit-ups, press-ups) for up to 2-3 months.

Do not drive for 2 weeks after discharge. Do not go out alone the first time. Do not drive if taking pain medication other than paracetamol.

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## **Medications:**

a) Resume any medication your own GP has prescribed unless otherwise instructed.

b) Pain: You will usually be given a prescription for one of the following pain-killers. Co-codamol or Tramadol. 1-2 tabs by mouth, every 6-8 hours as needed, or according to the instructions on the label. Co-codamol contains paracetamol which should not therefore be taken separately.

## **Bowel function:**

Bowel function tends to be erratic (wind, diarrhoea, seepage or cramps: good days and bad days) for up to 6 months after bowel surgery. It takes your body time to adjust. Avoid foods which make you worse.

## **Clinic appointments:**

You will either be given an appointment in the hospital or it will be sent out to you after discharge. The usual appointment is within 8 weeks after discharge. The appointment will be to attend your surgeon's clinic.

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## **Possible problems:**

A) Bowel obstruction: Abdominal cramps, bloating, nausea, vomiting, constipation and not passing wind. If these symptoms develop, call your GP for advice. If the symptoms are mild, you may restrict dietary intake to liquids only and avoid solid food. If the symptoms persist beyond 24 hours or if severe, you must contact your GP or your surgeon via the Ross Hall switchboard for advice.

B) Wound Infection: Excessive swelling, redness, drainage of increasing pain around the incision. You should contact your GP or your surgeon via the Ross Hall switchboard.

C) Infections related to your operation: Fever, especially if associated with abdominal discomfort, nausea and feeling unwell should be reported to your GP or your surgeon.

D) Stoma: If you have a stoma, make sure you are comfortable with caring for it before discharge. Get help if

- there is difficulty with keeping the pouch on for at least 24 hours
- if there is recurrent bleeding,
- severe pain or swelling around the stoma
- if the stoma stops functioning
- if the stoma output is > 1500 cc in 24 hours

Bananas, peanut butter and tapioca will thicken stool.

## **Questions?**

If you have any questions, please ask any of the doctors or nurses on the ward before you leave.