



Colorectal Center of San Diego, Inc.

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DISCHARGE INSTRUCTIONS FOLLOWING ABDOMINAL SURGERY

- Call to schedule your follow up appointment with your surgeon. You should try to schedule the appointment for 1 2 6 weeks after discharge from the hospital.
- If you had been eating a regular diet in the hospital, please resume it at home.
- Take fiber supplements (Konsyl, Metamucil, Citrucel, etc.) with a full glass of water before each meal for the next 4 weeks.
- Go for a few short walks daily, and increase your activity level as tolerated, but avoid heavy straining for 6 weeks after surgery. No lifting, pushing, or pulling more than 10 pounds for six weeks after surgery to prevent a hernia at your incision sites. No running or jogging until your doctor has cleared you for this type of activity.
- Drink plenty of fluids when taking pain medication. Keep your stools soft in order to minimize your discomfort/pain when moving your bowels. You have the ability to decrease this discomfort by drinking more than your usual amount of water and taking over the counter fiber supplements (Konsyl, Metamucil, Citrucel, etc.) before each meal. Remember to drink more than your usual amount of water to allow the fiber to work.
- If you had surgery on your intestines (small intestine or colon) you may see some blood in your stools for 3-5 days after surgery. If you look down and notice that the toilet water is all red, do not be shocked because it only takes a few drops of blood to make all the water in the toilet bowl red. Most bleeding will subside on its own within a few hours.
- You should not drive a vehicle or operate dangerous machinery until you have been cleared by your surgeon.
- If you are experiencing discomfort and are having difficulty moving your bowels there are a number of methods you can try: fiber, Miralax, Colace, Dulcolax, 6 teaspoons of Milk of Magnesia, Senokot, etc. First and foremost, assess your water intake for the day because dehydration can make it difficult to move your bowels. Drink two 8 oz glasses of water and take an over the counter fiber supplement (Konsyl, Metamucil, Citrucel, BeneFiber, etc.). If this doesn't produce a result within an hour, take Miralax per the instructions on the container. If the Miralax doesn't produce a result within an hour repeat the dose. If this doesn't work, you should take one of the other medications mentioned above (Colace, Dulcolax, 6 teaspoons of Milk of Magnesia, Senokot) with 2 glasses of water and wait a few hours.

Call Your Surgeon If.....

- your temperature is above 101.3⁰F.
- your pain medication does not decrease your pain level to a tolerable level.
- you are unable to move your bowels despite following the instructions above and are experiencing pain as a result.
- the skin around your incision(s) is substantially redder than the rest of your skin, and it is warm to touch, or if there is pus-colored fluid leaking from the wound.