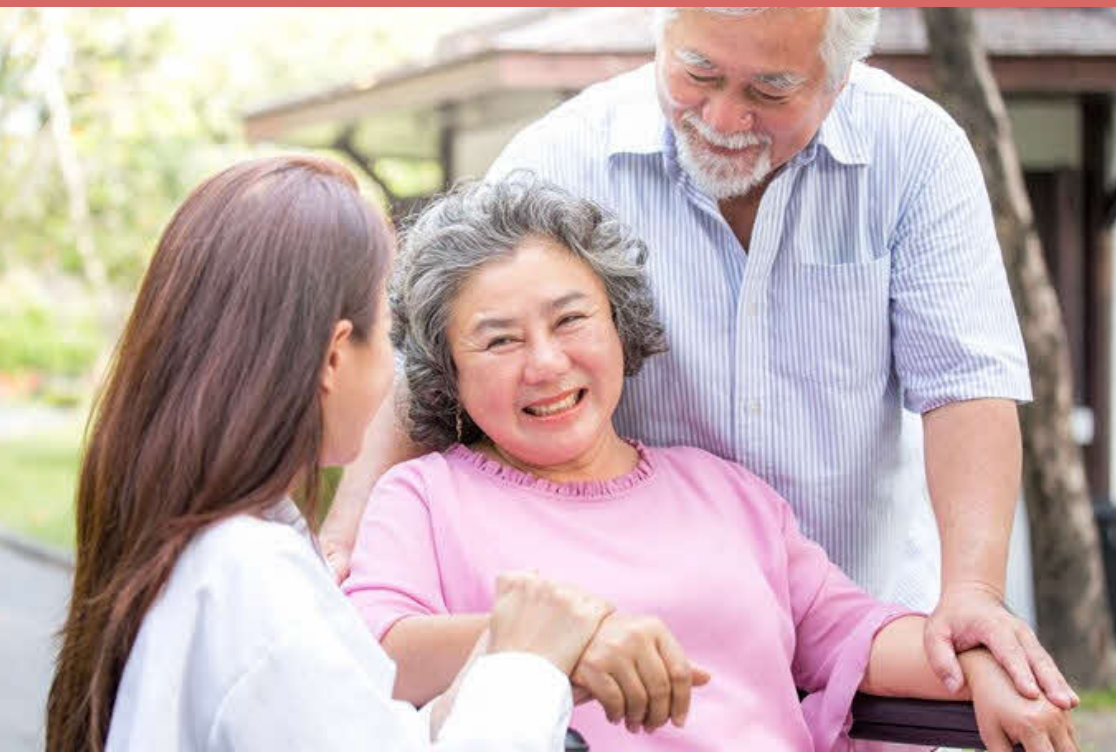


Department of
GENERAL SURGERY

Patient Guidebook for Enhanced Recovery After
Surgery (ERAS) - Colon and Rectal Surgery



This Book Belongs To:

PATIENT STICKER



IMPORTANT

Please bring this booklet with you
when you visit the following:



- Clinic 2A / 2B
 - PACE Clinic & Anaesthesia
Counselling
 - Pharmacy (Level 2)
 - Dietitian
 - Physiotherapist
 - Stoma Nurse
 - Day Surgery Centre
 - Day of Your Surgery
- Date: (_____)

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Understanding Colon & Rectal Surgery



DILIGENCE



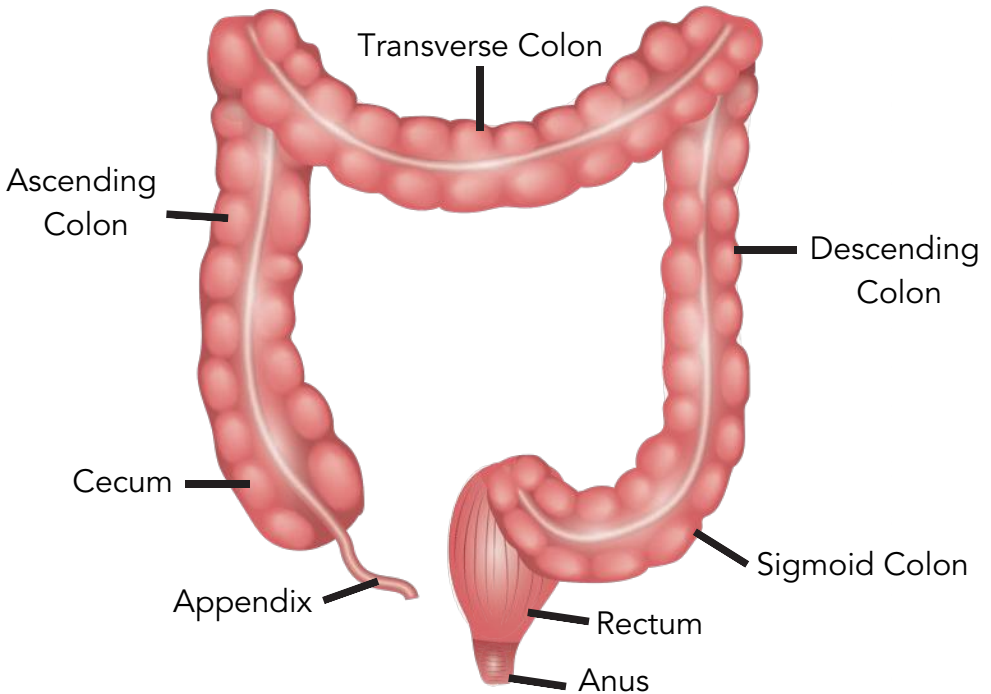
PROFESSIONALISM



CARE

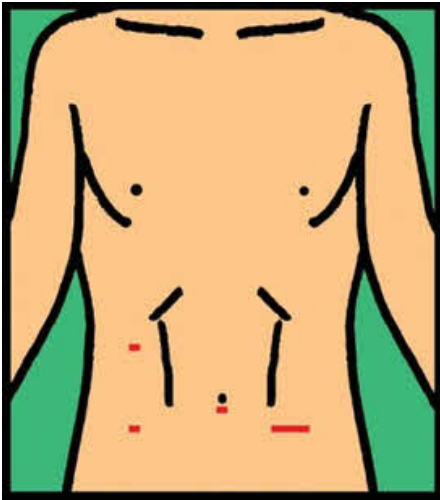
Will be provided by your medical team to ensure the safety of your colorectal surgery. In order to achieve the best results, it is vital that you understand and participate in your treatment process.

Your surgery would involve the removal of the diseased colon or rectum. The surgery will be performed through:

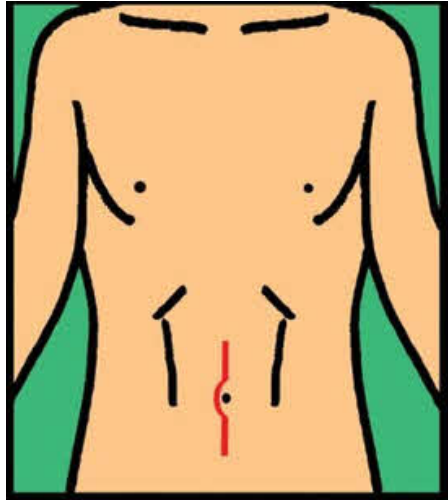


Understanding Colon & Rectal Surgery

- Small cuts in the skin, for keyhole or robotic surgery, or
- A longer cut by the traditional open surgery



Keyhole Surgery



Traditional Surgery

- You may be required to carry a stoma bag for your stool after surgery, which is usually temporary.

Do clarify with your doctor if you have any doubts.

Preparations for Surgery

Stop Smoking and Drinking Alcohol

Smoking and alcohol consumption can cause complications to your surgery. Stop smoking and avoid alcohol intake for at least four weeks before your surgery.



Negative Effects of Smoking

- Decreases your heart and lung function
- Decreases your body's ability to heal
- Increases your risk of developing complications



Negative effects of Alcohol

- May interfere with anaesthesia
- Decreases your heart and lung function
- Increases your risk of bleeding
- Increases your risk of developing complications

Preparations for Surgery

Remain Active



Daily exercise is important to keep your body strong and ready for surgery. Continue to exercise or start exercising slowly.



A physiotherapist can help strengthen your body and prepare you for surgery

- Simple exercise such as brisk walking, jogging or swimming up to 30 minutes a day is strongly recommended.
- Staying active helps you return to normal activities faster after surgery.



Go to **Page 31**
to access
'**Physiotherapy
Before Surgery**'
Booklet

Preparations for Surgery

Eat Well to Prepare for Surgery

Your body needs adequate nutrients and energy to prepare for and recover from surgery. You must continue to eat well.



It is important to consume sufficient energy containing foods such as: **rice, noodles, porridge, breads and healthy oils.**



It is important to consume sufficient high-protein foods such as: **pork, chicken, fish, beef, tofu, eggs, milk and soy milk.**



Your doctor may prescribe you nutrition drinks (Oral Impact) to take before surgery.



Go to **Page 31** to access '**Eating Well Before Surgery**' Booklet

Pre-Admission Counselling and Evaluation (PACE)



PACE CLINIC
MEDICAL BLOCK, LEVEL B2

You will be reviewed at PACE Clinic by a Nurse and/or Anaesthetist to prepare you for surgery.

- You may receive iron injections to boost your blood iron levels.
- You will be informed of any medication changes, especially if you are on blood thinning drugs.

Powdered Nutritional Supplement

Oral Impact



Decrease risk of wound infection after surgery



Improve post-surgical wound healing and body's immunity

How to Use Oral Impact

- You will be prescribed approximately 15 sachets of Oral Impact (quantity may vary depending on patient's needs) to be taken over five days prior to your surgery.



- Empty one sachet of Oral Impact into 250ml (one large cup) of warm water. Mix well. Consume Immediately.
- Using a shaker can help dissolve your powder.

Formulated Carbohydrate Drink

Vitaflo Preload



Helps you feel less hungry when you fast before surgery



Helps you recover faster and may reduce the length of your hospital stay

How to Use Vitaflo Preload

- You should have been prescribed a total of **one** sachet of Preload to be taken on the day of surgery.
- Take Preload at least **two** hours before your surgery



- Empty **one** sachet of Preload into 400ml of water. Stir continuously. Consume Immediately.
- Use a measuring jug to get the right amount of water.

Bowel Preparation

Cleanses the Colon

If you HAVE NOT been told to prepare your bowels before surgery, please skip this step.



Cleans colon and reduces contamination during surgery



Reduces risk of serious infectious complications after the surgery

Medication Before Taking Bowel Preparation

If a bowel preparation is required before your surgery, it is very important to take the medications as prescribed by your doctor.

MEDICATION LIST: 1 DAY BEFORE SURGERY

2 sachets of PEG (Fortrans) 2x between 7PM -9 PM

4 tablets of Bisacodyl 2x @ 12PM & 6PM

6 tablets metroNIDAZOLE 200mg 2x @ 1PM, 2PM & 10PM

6 tablets Neomycin 500mg 2x @ 1PM, 2PM & 10PM

Bowel Preparation

How to Take Bowel Preparation



Add powder to **two** litres of lukewarm water. Mix well until all powder is fully dissolved.



Drink fluid quickly. Do not sip it - it will make the medication ineffective.



Drink about 250ml (one cup) of the mixed water every 10 minutes until all **two** litres is finished.



Take **two** litres of fluids after taking PEG (Fortrans) for bowel preparation



Do not eat solid food **3 - 4** hours before taking PEG (Fortrans) bowel preparation



Never swallow powder directly from the sachet.



Do not take the additional **two** litres of fluids after PEG (Fortrans) for bowel preparation if you have an existing medical condition that requires you to restrict fluids.

After Surgery

What Happens?

After Surgery, You will first rest in the recovery bay.



You may have a drip, urine catheter or drain tubes from your abdomen.



You will be encouraged to walk or sit out of bed for a total of **three** hours on the same day as your surgery.



You may be able to drink once you reach the ward on the same day. Nutrition drinks will be served.



Pictures above are examples of nutritional drinks that may be served to you after your surgery. Please do not purchase these items on your own.

After Surgery

Dietary Advice



Start taking nutritional drinks after your surgery followed by food if you are well enough.



Eating as soon as possible gives your body the nutrition it needs for recovery.



Increase your oral intake gradually, starting from drinking more fluids, nutritional drinks, to eating normal food.



If you encounter nausea, bloatedness or abdominal pain, inform your nurse or doctor. A dietitian may give you dietary advice before you leave the hospital.



Do eat energy containing foods such as: **rice, noodles, breads, healthy oils** and protein containing foods such as:



pork, fish, chicken, beef, tofu, eggs, milk before consuming soup, vegetables, fruit, especially if your appetite is poor.

After Surgery

Resuming Activities

Day
After
Surgery

Three hours of sitting on a chair or walking.

2 Days
After
Surgery

Six hours of sitting on a chair or walking.



Your nurse or physiotherapist will be there to help you. Physical activity increases the speed of your recovery and reduces the risk of complications after surgery.



Use a spirometer 10 times each hour when awake to prevent lung infection.



Please bring your spirometer along to the hospital on Day of Surgery



Go to [Page 31](#) to access 'Physiotherapy Before Surgery' Booklet

Then go to [Page 4](#) 'Deep Breathing Exercises with Incentive Spirometer'

After Surgery

Reducing Pain



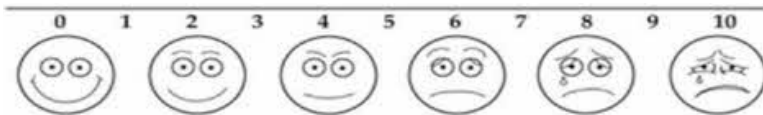
You should be able to move around the ward and eat with minimal pain.



The medical team will ensure you have enough painkillers.



Your doctor or nurse will ask for your pain score. Your score should not exceed 3 out of 10.



Pain Score Scale



If you still have pain after taking painkillers, please inform your doctor or nurse.

After Surgery

Stoma Care



If you have a stoma, the stoma nurse will teach you and your caregiver how to manage the stoma.



Your stoma nurse will give you a stoma kit before you discharge.



You should feel confident in handling your stoma before you are discharged from the hospital.



You will be given a follow-up appointment to see our stoma nurse before going home.

After Surgery

Discharge from Hospital

You can be discharged when:



- you can pass gas and/or stool
- you feel little or no pain with oral pain medication
- you are able to eat and drink
- you are able to move around comfortably
- your doctor certifies you fit for discharge



Most patients get discharged 4 - 7 days after surgery.



If you require rehabilitation, you may be discharged to a Community Hospital.



A follow-up appointment will be scheduled with your doctor.

Discharge from Hospital

Recovering at Home: Food and Nutrition



You should eat and drink well after returning home to help you recover faster.

- Start with soft, non-oily and simple energy and protein containing foods like porridge or soft rice, with soft meats/fish/eggs/tofu.
- Consume soft vegetables advised by your doctor or dietitian.
- You may be asked to reduce your fibre intake for a few weeks after your surgery.
- Gradually transit to normal food in two weeks.
- If your doctor or dietitian has prescribed you with nutritional drinks, please continue to take them as prescribed.



It is normal to have a small appetite after surgery, this will slowly improve after time.



You may also experience more frequent stool, this should improve over time.

Discharge From Hospital

Recovering at Home: Managing Pain



You might still experience some pain when you are home.

You may need to take oral painkillers.

- Take oral paracetamol after discharge.
- Reserve the stronger pain medication for times when you really need it.

Recovering at Home: Exercise



Continue to stay active.

Go for walks or do simple chores.

Feeling tired easily after surgery is normal and will improve in a few weeks.

- Avoid lifting or carrying heavy loads for **two** months after surgery.



Discharge from Hospital

Colon Cancer Support Group (CCSG)



All colon cancer patients and their caregivers are invited to join our support group gathering.



Lead and operated by colorectal patient volunteers



Every **3rd Saturday** of the month, **2PM - 4PM**.



Sharing of experiences on diet, stoma care, side effects of chemotherapy and radiotherapy.



Health talks by professionals to live a quality life.



Community that provides encouragement to have a healthy and happy lifestyle.

Discharge from Hospital

Colon Cancer Support Group (CCSG)



Colon Cancer Support Group Members Gathering for Social Activities During Pre-COVID Days.



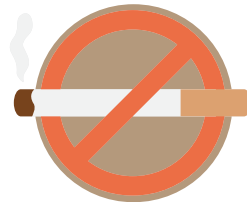
Get Sufficient Sleep



Exercise Daily



Avoid Alcohol



Avoid Smoking



Stay Hydrated



Stay Sociable

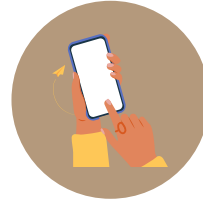
Discharge from Hospital

Colon Cancer Support Group (CCGS)

How to Join?



Visit our Face-to-Face
Volunteer Station
Located @ **Clinic 2A**
Medical Block, Level 2
10AM - 4PM (Weekdays)



Call our Volunteer Hotline
Contact: **63578366**
10AM - 4PM (Weekdays)



Visit the Hotline Office
Located @ **Medical Block, Basement 2**
and fill up the membership form.
Our volunteer leader will reach out to you.



Go to
Page 31
to access our 'Colon
Cancer Support Group'
Brochure

Discharge from Hospital

Questions, Problems and Complications



- You will receive a telephone call from your nurse to check on your well-being a few days after discharge.



If you feel unwell, have a fever, worsening abdominal pain or bloatedness, please inform the nurse.

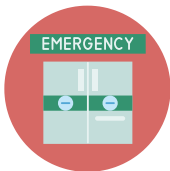
Questions?



Colorectal Service Nurse Coordinator
Ms Wang Bin



6357 3138
8.00 am - 4.00 pm (Mon - Fri)

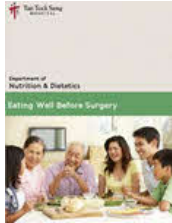


- If you experience severe pain, fever, vomiting, please contact us immediately.
- Come to the Emergency Department for immediate attention if you are unable to reach us.

Resources for Patients

Scan the QR Code to Access the Booklet

Eat Well Before Surgery Booklet



Physiotherapy Before Surgery Booklet



Colon Cancer Support Group Brochure



Activity Booklet

Record your activities here. Bring this booklet when you visit the hospital, your medical team will be able to improve your care using the information you have provided.



2 Weeks Before Surgery

Avoid supplements with the following ingredients:



- ⊗ Gingko Biloba
- ⊗ Ginseng
- ⊗ Garlic Extract
- ⊗ Lingzhi
- ⊗ All Chinese herbal medications



1 Week Before Surgery

Avoid the following:



- ⊗ All nuts and seeds
- ⊗ Remove all skin and seeds from fruits before eating

Activity Booklet



5 Days Before Surgery

After Breakfast



X 1

After Lunch



X 1

After Dinner



X 1



4 Days Before Surgery

After Breakfast



X 1

After Lunch



X 1

After Dinner



X 1

Activity Booklet



3 Days Before Surgery



Avoid the following:

- ✗ All nuts and seeds
- ✗ Alcohol, dairy products, hard foods (e.g. mushrooms, sea cucumber and raw vegetables)



Do eat the following:

- ✓ Seedless and skinless fruits
- ✓ Soft foods such as: thick porridge, soft noodles and rice, soft vegetables (e.g. steamed and soft leafy veg), shredded chicken, soft meats (e.g. minced and tender pork/beef)

After Breakfast



X 1

After Lunch



X 1

After Dinner



X 1

Activity Booklet



2 Days Before Surgery

After Breakfast



After Lunch



After Dinner



1 Day Before Surgery



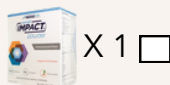
DAY SURGERY CENTRE,
TTSH MEDICAL CENTRE,
LEVEL 3

You will receive a call from Day Surgery Centre.
You will be advised on the reporting time
for your surgery.

After Breakfast



After Lunch



After Dinner



Activity Booklet



1 Day Before Surgery



- Please follow the instructions below if you are taking PEG (Fortrans) for bowel preparation.



Go to [Page 19](#)
'Day of Surgery'
If you
do not need
bowel preparation



12 PM



- Take **two** tablets of Bisacodyl 5mg



1 PM



- Take **two** tablets of metroNIDAZOLE 200mg
- Take **two** tablets of Neomycin 500mg



2 PM



- Take **two** tablets of metroNIDAZOLE 200mg
- Take **two** tablets of Neomycin 500mg

Activity Booklet



1 Day Before Surgery



5 PM

- Take dinner of soft food (e.g. soup or porridge) for dinner



6 PM

- Take **two** tablets of Bisacodyl 5mg



7-9 PM

- Take **two** packets of PEG (Fortrans) Bowel Preparation mixed in **two** litres of fluids at a rate of a cupful every 10 minutes



AFTER 9 PM

- Take an additional **two** litres of fluids



Do not take the additional **two** litres of fluids if you have an existing medical condition that requires you to restrict fluids. This includes certain heart and kidney conditions.

Activity Booklet



1 Day Before Surgery



10 PM



Take **two** tablets of metroNIDAZOLE 200mg

Take **two** tablets of Neomycin 500mg

Remember to stop consuming food minimum **six** hours and clear drinks **two** hours before surgery.



Day of Surgery



BEFORE LEAVING HOME TO HOSPITAL



X 1

Take **one** sachet of Preload mixed in 400ml of water.

Take preload at least **two** hours before surgery.



Go to **Page 20** if you do not need Preload

When you arrive at the hospital, go to Day Surgery Centre, your team of doctors and nurses will meet you.

Clinic 2A
TTSH Medical Centre, Level 2

PACE Clinic
TTSH Medical Centre, Level B2

Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to
access the information online or visit
<http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have
any feedback regarding what you have
just read at
patienteducation@tts.com.sg



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