

POST SURGICAL INSTRUCTIONS FOR STOMA CLOSURES

1. **Dressing:** Apply soft gauze over the old stoma site and change as needed. Showers or baths OK, remove dressing before. Pat gently dry afterwards. The wound usually closes completely in 8 weeks.
2. **Bowel function tends to be erratic up to 6 months after surgery;** frequent bowel movements and seepage at night are common in the first few months. The body adapts and this improves gradually over the first year. When stabilized, the stool consistency is usually pasty to formed.
3. **Anti-diarrheal medications:**
 - Benefiber/Metamucil/Konsyl/Citrucel
 - Imodium (2mg) or Lomotil (2.5mg) by mouth, 30 minutes before meals and at bedtime as needed. (Maximum 8 a day of each)
 - As diarrhea improves, use Imodium or Lomotil less frequently. Metamucil/Konsyl/Citrucel is free of major side effects and, though not essential, we advise its use.
4. **Possible problems:**
 - a) **Pouchitis:** Abdominal cramps, low grade fever, urgency, blood in stool, aches and pain in muscles or joints, and sometimes nausea. The best treatment is Flagyl 250 mg by mouth, every 8 hours for 2 weeks. Call your physician if this is the first attack or if there is no improvement after 3 days of Flagyl in subsequent attacks.
 - b) **Wound problems:** It is okay to shower and get the incision staples wet. Some drainage from the incision is common; a light gauze pad over the incision can be helpful. If drainage is cloudy or associated with fever > 101 degrees, call the Doctor.
 - c) **Urinary difficulties:** Urinary tract infections occasionally occur following abdominal surgery. Pains with urination or blood in the urine are symptoms of infection. Bring these symptoms to the Doctors attention at your post. op visit.
 - d) **Bowel obstructions:** abdominal cramps, bloating, nausea, vomiting, and constipation. When these develop, call your physician for advice. If the symptoms are mild, you may restrict intake to liquids only and avoid solid food. If the symptoms are severe or if persist beyond 24 hrs, you must call your physician.

- e) Irritation around anus from severe diarrhea: Use Desitin ointment or skin protective paste. Avoid vigorous wiping after a bowel movement. Instead use a shower nozzle attachment to clean the area. A warm tub bath or sitz bath is also helpful. Pat gently dry afterwards. Baby wipes can be used instead of toilet paper.
- f) Steroid withdrawal: If you had been on Prednisone for a long time previously for ulcerative colitis and have now stopped the medication, you are at risk for steroid withdrawal if the weaning is too quick, or if you are undergoing a stressful situation. The manifestations may be vague with feelings of being rundown, giddy, nausea or severe joint aches. If there is no improvement within 24 hours, call your physician.
- g) Infection: Fever, shaking, chills, lower abdominal discomfort, difficulty in passing urine and sometimes drainage of pus from wound, call our office.

5. Call the office on the day of discharge to schedule a follow-up appointment in approximately 2 weeks.

LOW RESIDUE DIET GUIDELINES

A low-residue diet limits the amount of fiber and other undigested material that passes through your large intestine. As a result, a low-residue diet reduces the size and number of your stools, helping to relieve abdominal pain, diarrhea or flare-ups of certain digestive problems (diverticulitis or active Crohns), and helps in your recovery after bowel (colon) surgery.

After Colon Surgery:

We recommend a low-residue diet for approximately 2 weeks after your surgery as your colon heals.

- Choose generally soft foods that are easy to chew and swallow; chew these foods well.
- Avoid tough meats, greasy foods, and highly spicy foods.
- Avoid carbonated beverages- they will increase bloating.
- Eat 4-6 small meals and snacks throughout the day.
- Check with your doctor at the post-operative visit to transition to a regular diet.
- Here are lists of foods that are recommended and foods to avoid, though every patient is different.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Water, coffee, tea, decaffeinated coffee and tea, cocoa, fruit flavored drinks without pulp, hydration and sports drinks.	Any beverages containing foods not allowed; alcoholic beverages, carbonated beverages
Breads & Cereals	Refined white, light wheat or rye bread and rolls; saltines, or soda crackers. All refined, cooked and ready-to-eat cereals (corn, oats, wheat and rice) such as Wheathearts, Malt-O-Meal, Cornflakes®, Special K®, Cheerios®, Post Toasties	Rolls with nuts, seeds, coconut or fruit not allowed; bread containing cracked wheat particles or whole seeds, whole grains; coarse, dry cereals; any with bran or raisins. All others not listed as allowed. Graham crackers, corn bread.
Desserts <u>Avoid too many sweets</u>	All plain; puddings, junket, custard, tapioca, gelatin desserts, fruit whips, smooth ice cream, fruit ice, sherbet, yogurt, cake and cookies. Pie made with allowed fruits.	Rich pastry or cakes. Those with nuts, seeds, raisins, coconut, dates or fruits not allowed on list.
Eggs	All	Egg dishes prepared with ingredients not allowed.
Fats <u>Use in moderation</u>	Butter, margarine, cooking oil, cream, milk salad dressings and mayonnaise, as tolerated. Bacon, plain gravies.	Nuts, olives. All others.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Fruits & Fruit Juices	Fruit juice without pulp. Canned: applesauce, cherries, fruit cocktail, peaches; Fresh: bananas, cherries, grapefruit, melon, nectarine, peaches, plum	Prune juice; Canned: pineapple, pears Fresh: apples, apricot, avocado, berries, mango, pear, dried dates, figs, prunes, raisins
Meat or Meat substitute	Tender, broiled, stewed or creamed, roast beef, veal, lamb, pork, ham, poultry, fish, chopped clams, oysters, sweetbreads, liver, kidneys; cream cheese, cottage, American, cheddar, Swiss or jack cheese, smooth peanut butter.	Fried meats, fish or poultry; meats highly seasoned or containing whole spices, sausage, frankfurters, strong cheeses or those containing seeds. Dried beans or peas, chunky peanut butter. All others not listed as allowed.
Milk & Dairy	All. Yogurt, milkshakes, pudding, Carnation Instant Breakfast, Liquid nutritional supplements	None except those with seeds, nuts or fruits not allowed. For low residue, limit milk to 2 cups per day.
Potatoes & Substitutes	White and sweet potatoes (no skins); refined rice, macaroni, spaghetti, noodles	All others.
Soups	Creamed soups with pureed or whole allowed vegetables; strained vegetable soups or chowders, meat or fish broths.	Highly seasoned soups or those containing ingredients other than on allowed list.
Vegetables & Vegetable Juice	Cooked or canned artichoke hearts, asparagus, beets, carrots, chard, green and wax beans, bean sprouts, mushrooms, pimiento, pumpkin. Fresh and cooked tomato (no seeds or skins), stewed, pastes, purees. Tomato juice. Limit vegetables to 2 servings per day and less than 2 gm fiber per serving.	All other raw, strongly flavored vegetables (cabbage, broccoli, cauliflower, summer squash, okra, Brussels sprouts, parsnips, rutabagas, turnips, onions, corn, baked beans). All others not listed as allowed.
Miscellaneous	Sugar, jelly, honey, syrup, plain candy. Salt, pepper, flavoring extracts, herbs and seasonings not listed to avoid; milk gravies and cream sauces; barbecue sauce, mustard, ketchup.	Any on not allowed list; jam, marmalade, fruit preserves, plain chocolate. Chili pepper, curry powder, cloves, seed spices, coconut, horseradish, popcorn, pickles, salsa, relish, chutney, all seeds such as poppy, sesame and caraway.