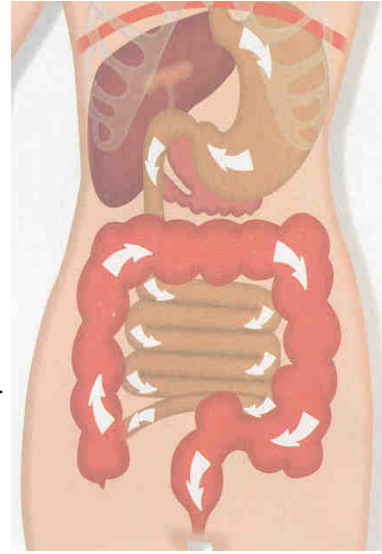


# Abdo-perineal Resection

The **small** bowel is the long 'tube' that absorbs nutrients from food and the **large** bowel is a wider tube that absorbs water and processes waste products into faeces. The **rectum** is at the end of the large bowel and stores faeces before removal through the anus.

**Abdo-perineal Resection is a surgical procedure where the rectum is removed through a cut in your abdomen and your bottom. The end of your large bowel is brought to the surface of your abdomen to form a stoma.**



A stoma or colostomy provides an artificial opening for your faeces. Faeces is collected in a bag fitted to your stoma and changed regularly.

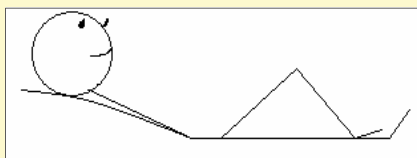
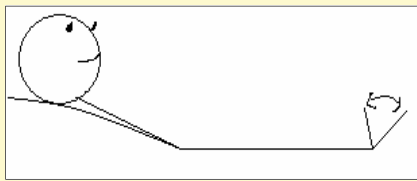
## After Discharge

- Around the House:** You may need someone to help you around the house for the first 6 weeks. Avoid lifting anything that is heavy (eg wet washing) during this time. If this is a problem help is available through the Post Acute Care Program. You will need to gradually increase your level of exercise over the next few weeks. Walking improves circulation, your breathing and helps move wind through your bowel. It is better to start with a short distance often and increase as you gain strength.
- Return to Work:** This depends on the type of work you do, and should be discussed with your doctor. Heavy lifting should be avoided for a least 6 weeks.
- Driving:** You can resume driving when you are not taking strong medication for pain relief.
- Sexual activity:** You may resume sexual activity when you have no further wound discomfort. It is advisable to discuss this with your Doctor and/or Stomal Therapist.
- Wound** You may experience some numbness in the area around your wounds. This is a common side effect and the numbness will improve over several weeks or months. If your wounds or stoma become swollen, red, increasingly painful, begins to ooze or you have a fever please see your doctor or visit the Emergency Department.
- Diet and Fluids:** It is important to drink plenty of fluids and to have adequate fibre in your diet. Fresh fruit and vegetables, cereals and whole grain bread are a good source of fibre.
- Stoma Therapist** You will have been taught how to care for your stoma and given supplies. It is important to keep appointments—she is also available Monday to Friday for advice (Ph: 53819321).
- Bowel Motions** At the beginning it is quite likely our bowel actions will be loose and unpredictable. It may take several months to develop a pattern that is 'normal for you' and this may be quite different from the bowel pattern you had before the surgery. If you have had a large portion of bowel removed less water will be absorbed and your stool may always be loose.

### These exercises should be commenced as soon as you wake up on the day of your operation.

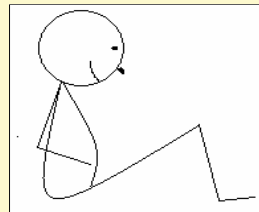
#### 1. Exercises for Circulation

- Bend feet up and down. Repeat 10 times every hour.
- Circle feet in as large a circle as possible. Repeat 10 times every hour.
- Bend one knee upwards, keeping the heel on the bed, slide it down again, repeat with the other. Repeat 5 times every hour.
- With your legs straight, stiffen your legs and tighten your bottom, hold for a count of 5 and then relax. Repeat



#### 2. Breathing and Coughing

- Deep breathing: When sitting or lying, place your hands on the sides of your lower ribs. Breathe deeply making sure your ribs move under your hands. Relax, and breathe out slowly. Repeat 5 times every hour.
- Huffing to assist coughing: Breathe deeply and huff on outward breath. Repeat twice every hour.
- Coughing: With abdominal operations, support wound firmly with hands or pillow. Breathe in deeply and cough.



**Disclaimer:** This patient pathway is intended as a guide only. As each patient is an individual and responds differently, the care plan may alter. If you have questions, please discuss with your Doctor or Nurse



## PATIENT PATHWAY FOR ABDOMINO-PERINEAL RESECTION OF THE RECTUM

### INFORMATION FOR YOU . . .

The following information will be discussed with you in the Pre-Admission Clinic.

**Date of Admission to Hospital:** .....  
You will need to telephone the Day Procedure Unit on (03) 5381 9265 between 1.00 p.m. and 3.00 p. m. the day before your surgery.

You will need to stop eating and drinking at least 6 hours before your admission time. You may have a couple of sips of water up until 2 hours before your admission.

You will need to shower at home on the morning of your operation.

You will need to remove all jewellery (your wedding ring may be left on).

### BEFORE YOUR SURGERY YOU NEED TO TAKE:

**Your own medication/s:** to be taken with a sip of water on the morning of your operation, unless advised.

### When you come into hospital bring:

- Any medications you are taking (tablets / eye drops / inhalers). These will be continued whilst you are in hospital.
- Eye glasses and / or hearing aids if you use them.
- Toiletries, night clothes (1-2 changes).
- Do **not** bring a large amount of money, jewellery or valuables.

### Admission / Discharge Arrangements:

- Please come to Hospital Reception at your admission time.
- You will be expected to stay in hospital for 10-14 days after your surgery. Discharge time is 10 am.
- Before you come into hospital please make arrangements for someone to drive you home on your discharge.
- It is best to limit the number of visitors you have the day of your surgery.

### Post Discharge appointment with Surgeon / General Practitioner (GP)

Mr Campbell / Mr Kitchen appointment made for 7 to 10 days after discharge, see local GP if you live out of Horsham.

### Your Health Care Team

Your Surgeon: Mr Kitchen or Mr Campbell,  
Dietitian: Pam Marshman / Helen Crome 5381 9333  
Stoma therapist 5381 9321: \_\_\_\_\_

### YOUR CHECK LIST . . .

The following checklist is to assist you in preparing for your admission to Hospital.

**Confirm Admission by phoning 5381 9265 the day before your operation:**

Date: ..... Time: .....

**Confirm Fasting Time**  
Nothing to eat or drink from: Time: .....

Shower at home on the morning of your operation: no powder, no deodorant, no make-up, no nail polish. Wedding ring ONLY.

**Please clean your belly button with soap and water**

**Your own medication/s:** taken as directed

**Do not take your:** .....

### Do you have your:

- Own medications
- Eye glasses and / or hearing aids
- Patient Pathway (this document)
- Toiletries, night clothes

### Admission / Discharge Arrangements:

- Arrangement made for family / friend to take you home on discharge from hospital.
- Present to Hospital Reception on your admission.

### Appointment with :

\_\_\_\_\_ at \_\_\_\_\_








General Practitioner (GP): \_\_\_\_\_

Lister House Clinic 53820011

Yandilla Ward 5381 9255

Oxley Ward 5381 9258

	At Pre-Admission	Day of Surgery	Day 1 after your operation
<b>Treatment and Observations</b> 	<b>You will have:</b> <ul style="list-style-type: none"> <li>A doctor examine you and explain your operation.</li> <li>your blood and urine tested.</li> <li>an electrocardiograph (ECG).</li> <li>your blood pressure, pulse, oxygen levels and weight measured.</li> </ul>	<ul style="list-style-type: none"> <li>You will be admitted to the Day Procedure Unit (DPU) and transferred to a ward after your operation.</li> <li>Your surgery will take at least 2-3 hours.</li> <li>You will have a drip in a vein, to give you fluids and medications.</li> <li>You may have oxygen for the first 24 hours.</li> </ul>	<b>You will:</b> <ul style="list-style-type: none"> <li>Have a blood test—if your blood count is low you may require a blood transfusion.</li> <li>have your blood pressure, temperature and pulse measured 4 times a day.</li> <li>have the oxygen ceased if your levels are satisfactory.</li> <li>be visited by your doctor.</li> </ul>
<b>Medication</b> 	<b>Pre-admission Clinic Staff will:</b> <ul style="list-style-type: none"> <li><b>discuss anaesthetic and alternatives for pain management:</b> <ul style="list-style-type: none"> <li>patient controlled analgesia (PCA) or epidural.</li> </ul> </li> <li>review your current medications and may advise you stop taking some prior to surgery.</li> </ul>	<ul style="list-style-type: none"> <li><b>Before surgery</b> you may be given an injection/tablet to help you relax.</li> <li><b>Pain relief</b> for the first 24-72 hours after surgery will be either: <ul style="list-style-type: none"> <li><b>Intravenously through a drip, patient controlled analgesia (PCA)</b> .</li> <li>or through an <b>Epidural</b>.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><b>Pain relief</b> will continue.</li> <li><b>Medication for nausea</b> may be given via your drip.</li> <li><b>Blood thinning medication</b> will be given to prevent blood clots in your legs via a small injection into the skin of your abdomen.</li> <li>Other routine medications will be given as ordered by your doctor.</li> </ul>
<b>Nutrition</b>	<b>You will be instructed to have nothing to eat for 6 hours before your surgery.</b>	<b>You will be given:</b> <ul style="list-style-type: none"> <li><b>nothing to eat and drink</b> before and for 4 hours after surgery, then</li> <li>ice chips to keep your mouth moist.</li> </ul> <b>You may have:</b> a tube through your nose to your stomach to drain stomach fluid for 1-2 days.	<b>You may have ice chips to keep your mouth moist.</b>
<b>Mobility</b>	<b>The Physiotherapist will discuss:</b> <ul style="list-style-type: none"> <li>the importance of deep breathing, coughing and leg exercises after your operation.</li> </ul>	<b>Post Surgery you will need :</b> <ul style="list-style-type: none"> <li>frequent position changes in bed with assistance from the nurses.</li> <li>sit up as soon as possible, again with assistance.</li> <li>Leg exercises to help prevent clots forming in your legs.</li> </ul>	<b>The physiotherapist will:</b> <ul style="list-style-type: none"> <li>see you to check your chest and encourage deep breathing exercises hourly.</li> <li>assist you to sit out of bed if you are medically stable.</li> <li>continue with your leg exercises.</li> </ul>
<b>Personal Care</b>	<b>You will be asked to shower at home on admission day.</b> No powder or jewellery to be worn to theatre.	<b>Post surgery:</b> <ul style="list-style-type: none"> <li>you will be given a wash in bed.</li> <li>firm stockings (TEDs) will be put on your legs to reduce the risk of blood clots.</li> <li>you will be assisted to sit to the side to ease the pressure on your bottom.</li> </ul>	<b>You will have:</b> <ul style="list-style-type: none"> <li>a wash in bed.</li> <li>your mouth cleaned / moistened regularly.</li> </ul>
<b>Bladder and Bowel Care</b>  <b>Stoma Care</b>	You will be given <b>Picolax</b> to use before surgery to clear your bowel, with a detailed instruction sheet to follow. The Stomal Therapist will plan with you the best place for the stoma and mark this on your abdomen.	<b>You will have:</b> <ul style="list-style-type: none"> <li>a tube in your bladder (catheter) to drain urine.</li> <li>the stoma colour checked regularly by the nurse.</li> </ul>	Three times/day <ul style="list-style-type: none"> <li>Your nurse will check the stoma for colour, shape and output.</li> <li>The bag will be washed out with tap water and changed if necessary. This will continue throughout your stay.</li> </ul>
<b>Wound Care</b> 	The staff will explain that after your operation you will have: <ul style="list-style-type: none"> <li>a cut in the centre of your abdomen.</li> <li>a cut in your bottom.</li> <li>a stoma.</li> </ul>	<b>You will have:</b> <ul style="list-style-type: none"> <li>both wounds covered by dressings.</li> <li>a drain tube in your bottom wound to prevent collection of fluid.</li> </ul>	<b>Your wound dressings</b> will be checked frequently and may be reinforced. A small amount of ooze from the wounds is not unusual.
<b>Discharge and Education</b>	<b>The nurse will:</b> <ul style="list-style-type: none"> <li>discuss plans for your discharge.</li> <li>give you information on what to expect after surgery.</li> </ul>	It is a good idea to restrict visitors to immediate family for the first few days.	A nurse will assess you for Post Acute Care – services you may need after discharge.

Days 2 and 3	Days 4 and 5	Days 6 and onwards	Discharge day
<b>Your surgeon and /or his team will visit you each day.</b>	<b>The intravenous tube will be removed from your arm when you are drinking normally and you are able to take your medication by mouth.</b>		<b>You will have been given:</b> <ul style="list-style-type: none"> <li>an appointment to see your surgeon.</li> <li>an appointment for removal of stitches / staples 12-14 days after your surgery.</li> <li>an appointment with your Stomal Therapist.</li> </ul>
<b>Pain relief:</b> <ul style="list-style-type: none"> <li>the medication through your vein or epidural may be ceased.</li> <li>tablets or injections will be given for pain.</li> </ul> <b>Please tell your nurse if you have any pain or discomfort.</b>	<b>Pain relief:</b> <ul style="list-style-type: none"> <li>you will have tablets for pain relief as required for the duration of your hospital stay.</li> <li>blood thinning injections will be continued through out your hospital stay.</li> </ul>	<b>The Pharmacist</b> will supply medications for you to take home on discharge and discuss any new medication with you.	Your own medications will be returned to you with your discharge drugs. 
<b>The surgeon will listen to your abdomen and allow you to begin drinking small amounts of clear fluid when your bowel becomes active.</b>  <b>This will gradually be increased over a few days until you are drinking normally.</b>	<b>You may begin eating small meals if you are tolerating fluids well and your surgeon feels you are ready.</b>  <b>The Dietitian will</b> <ul style="list-style-type: none"> <li>visit you and arrange a light low fibre diet taking into consideration your personal food preferences.</li> </ul>	You will gradually increase the amount you drink and eat and the Dietitian will visit each weekday to discuss any food issues with you.  <b>The Dietitian will</b> <ul style="list-style-type: none"> <li>discuss with you how you may gradually change your diet to reduce any wind discomfort you may have.</li> </ul>	
<b>The physiotherapist:</b> <ul style="list-style-type: none"> <li>will see you daily .</li> <li>will assist you to sit out of bed and gradually increase your level of activity—<b>this is very important for your recovery and to prevent complications.</b></li> </ul>	You will gradually increase your level of activity each day with assistance from your physiotherapist and nurse.	<b>You</b> will continue to increase your level of activity until you are able to walk and care for yourself independently.	At home you should continue to gradually increase your activity but also take frequent rests.
<b>You will have:</b> a wash in bed or a shower with assistance.		You will be able to shower independently or with minimal help.	
<ul style="list-style-type: none"> <li>The catheter in your bladder will be removed.</li> <li>You may pass wind through your stoma as your bowel begins to move again. This may cause some discomfort.</li> </ul>	<ul style="list-style-type: none"> <li>You should be passing urine without difficulty.</li> <li>Your bowel motions may begin to thicken.</li> <li>Bowel movements may be quite noisy at times.</li> </ul>	<b>It may take some time for your bowel movements to settle into a regular pattern.</b> You may have loose motions and little awareness that your bowel is opening.	The Stomal Therapist will arrange and provide supplies for care of your stoma before you go home.
<b>You will have</b> your dressings removed and replaced after showering.	<b>Your</b> wounds will be checked each day and the dressing replaced.	Your wound should be dry, although a little redness and swelling is not abnormal.	Wound care information is provided over the page.
The Stomal Therapy nurse will visit and begin teaching you how to care for your stoma. This will continue throughout your stay.	<b>Your nurse or Admission and Discharge Coordinator will:</b> <ul style="list-style-type: none"> <li>discuss discharge plans and services you may require.</li> <li>give you a discharge brochure.</li> </ul>	Any <b>Community Services</b> you may require on discharge will be arranged including follow-up consultation with the Stoma Nurse. 	<b>Discharge time is 10:00 am.</b>