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## What to Expect After Ileostomy Closure Surgery

**Your Hospital Stay: Approximately \_\_\_\_\_ Days.** The exact number of days will be decided by your surgeon after surgery. After surgery you will go to a recovery room, and then to a medical/surgical inpatient unit.

- **Food:**

- Immediately after surgery, you will not eat or drink anything by mouth (also known as NPO).
- Starting the day after surgery, you will be allowed to drink clear fluids.
- Once you can tolerate a liquid diet, your surgical team will put you on a low fiber diet. Timing will depend on your progress, and may correspond to your ability to pass gas or have a bowel movement.

- **Wound/Tubes:**

- While you are not eating or drinking, you will receive fluids and medications via an intravenous (IV) catheter.
- The old ileostomy site will have a dressing in place and it will need to be changed every day. This can be taught to you or a family member/caregiver to continue at home or visiting nurse services can be arranged by the social worker.

- **Pain Management:**

- Immediately after surgery, you will receive IV pain medication.
- Once you are able to tolerate food, you will be given oral pain pills.

- **Activity:**

- Getting out of bed
  - You will be expected to get out of bed with assistance approximately 6 hours after surgery.
  - You should try and do this at least 3 times a day, increasing your activity as your pain improves.
  - The more you are active, the faster your overall recovery will be.
- Breathing exercises
  - You will perform breathing exercises using an incentive spirometer at least 10 times an hour while awake. This will prevent complications, such as pneumonia.

**You are ready for discharge when:**

- Your vital signs are stable, including blood pressure, heart rate and temperature.
- Your pain is controlled with oral pain medication.
- You are eating.
- You are passing gas or have had a bowel movement.
- You are able to get in and out of bed with minimal or no assistance.

**\*\*\*\*Once you have met the discharge criteria, your surgeon or his/her care team will let you know that you are ready for discharge. Discharge may be as early as 10 am\*\*\*\***