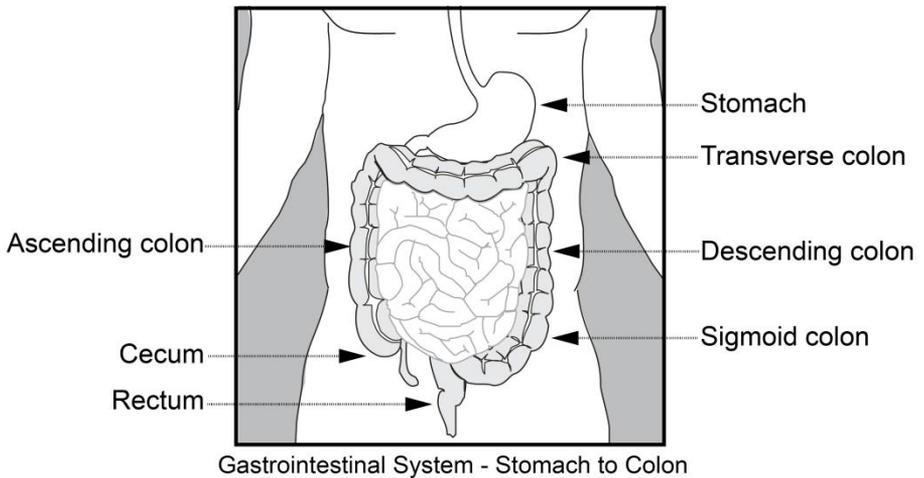


Laparoscopic Colon Resection

Eagle Ridge Hospital



Advantages of laparoscopic surgery:

- ✓ Shorter hospital stay
- ✓ Faster recovery
- ✓ Smaller incisions
- ✓ Less pain
- ✓ Bowel function returns to normal sooner
- ✓ Return to eating your regular foods sooner

What is a laparoscopic colon resection?

This is when a piece of your large bowel (or colon) is removed (resected). ‘Surgery’ usually means the doctor doing the surgery makes one long cut through the skin (an incision) and does the surgery through that opening. Instead, you are having this surgery using a special procedure called laparoscopy (sounds like *lap-ah-row-skop-ee*).

To do this, the doctor (surgeon) makes 4 to 5 small incisions in your abdomen. Through one of these incisions, the doctor inserts a tiny camera (a laparoscope) so the doctor can see the area on a video monitor. The doctor completes the surgery using different long skinny tools inserted through the other small incisions. Sometimes, one of the small incisions is made longer (up to 5 to 10 cm. or 2 to 4 inches) so the piece of colon can be removed from your body.

There are times when the doctor needs to complete the surgery using a longer incision. You might need a larger incision if the area of surgery is not easily seen with the laparoscope or if there are problems such as bleeding during surgery. Your abdomen might be marked for a stoma before surgery (stoma is a surgically created opening in the abdomen). The doctor chooses what is best for you during the surgery.

Before the surgery

Plan to be in the hospital for at least 3 to 4 days after the surgery.

Before surgery, you might need to:

- Clean out your bowels before surgery. (We give you instructions on how to do this.)

Follow the general instructions we give you for preparing for surgery.

After the surgery

Within 2 to 3 hours after surgery, we help you to sit up on the side of the bed. We then help you to get out of bed and walk. It is important for you to get up and move around as soon as possible.

For the first 24 hours, you drink only fluids. After 24 hours, you return to your regular diet.

If you feel any pain, ask your nurse for some pain medicine.

Caring for yourself at home

Most stitches absorb on their own. If they do not, your doctor will need to take them out.

Leave the small, adhesive strips on your incisions. They fall off on their own.

You can take showers. However, wait 2 weeks before you take a bath.

Take the pain medicine prescribed for you. As your pain eases, switch to plain acetaminophen (Tylenol or store brand) or ibuprofen (such as Advil, Motrin, or store brand) and take as directed.

Do not drive until you have stopped taking narcotics.

It is common to feel mild shoulder or neck pain with this type of surgery. To ease this, lie flat on your back with your feet raised on pillows.

Most people return to their regular activities within 2 to 3 weeks but it might take 6 to 8 weeks before you are completely healed.

When to get help

Go to the nearest Emergency Department **right away** if you get any of the following:

- Fever 40°C (104°F) or higher and it does not lower with fever medicine such as acetaminophen or ibuprofen.
- Constantly sick to your stomach (nausea) or you are throwing up often (vomiting).
- Bad pain in your abdomen that does not go away with pain medicine.
- Abdomen becomes very swollen.
- Bleeding from your rectum.

Arrange to see your family doctor or surgeon as soon as possible if:

- You have increased pain, swelling, or redness of any incision.
- You have yellow, green, or brown thick fluid coming from any incision.
- You cannot eat solid foods or drink liquids.

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This information does not replace the advice given to you by your healthcare provider.

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To order: <https://patienteduc.fraserhealth.ca>