

Colorectal Surgery Instructions

結直腸手術說明

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<p>Your surgeon has determined that you are a good candidate for our Enhanced Recovery after Surgery (ERAS) Program. This program uses the best practices in surgical care. It will help you recover and get home as quickly and as safely as possible after your surgery. Please read this handout carefully to get the most out of the ERAS program.</p>	<p>您的外科醫生認為您是適合參加我們的手術後改良康復計劃(ERAS)。這計劃會採用外科手術最佳之護理方法協助您康復，並且可以讓您在手術後迅速而又安全地返家。您可從這計劃獲益最多，請細心閱讀這份說明書。</p>
<p>The Colorectal Surgery office phone number is 415-885-3606.</p>	<p>結直腸手術辦公室電話號碼是 415-885-3606。</p>
<p>Our Approach to Recovery Your surgical team will:</p> <ul style="list-style-type: none">▪ Use the most modern anesthesia methods▪ Promote return of bowel function as quickly as possible▪ Use best practices for diet, bowel preparation, antibiotics and hydration.▪ Encourage YOU to ambulate (walk and move around) soon after surgery▪ Provide non-narcotic alternative medications effectively treat pain.▪ Help you start drinking and eating soon after surgery with easy-to-digest liquids and foods <p>Why Is This Important?</p> <ul style="list-style-type: none">▪ Simple things matter!!▪ Common yet serious complications can be prevented by simply getting out of bed, sitting in a chair and walking▪ Following these simple steps can help prevent:<ul style="list-style-type: none">• Pneumonia	<p>我們處理康復之方法 您的外科手術團隊將會:</p> <ul style="list-style-type: none">▪ 運用最先進的麻醉方法▪ 儘快促進腸道恢復功能▪ 以最佳的方法處理飲食、準備腸道、抗生素和令體內準備充足的水分▪ 手術後，我們鼓勵您儘快恢復步行 (散步和活動筋骨)▪ 提供另類非毒品的止痛藥去有效地治療痛▪ 給你易於消化的飲料與食物以協助您手術後儘快能夠恢復飲食 <p>為何這是重要的?</p> <ul style="list-style-type: none">▪ 簡易的事情仍是重要的▪ 就算做簡易的事，如下床、坐椅子與散步，都可以防止常見但嚴重之併發症▪ 按照這些簡單步驟便可以協助防止:<ul style="list-style-type: none">• 肺炎

- Blood clots
- Bed sores
- Prolonged “sleeping bowels” or ileus

At Home Before Your Surgery

- Continue regular exercise up until the date of your surgery. This is discussed in the next section.
- If you smoke, quit today. Quitting smoking is the best way to avoid breathing problems! Quitting smoking will help you heal!
- UCSF MyChart is web portal that provides an easy, confidential way to stay in touch with UCSF Medical Center providers. This is a secure online resource to communicate with your providers. You can sign up for the service at UCSF MyChart.
- A week before surgery you will receive a phone call from the PREPARE clinic to set up either a phone consult or in-person pre-operative clinic appointment. The number for the PREPARE clinic is 415-885-7670 in the event you need to schedule a visit.
- **Call your surgeon's office to confirm where your operation will take place:**
 - 1) Moore/Bakar Hospitals at UCSF Mission Bay OR
 - 2) Moffitt-Long Hospital at UCSF Parnassus?
- Purchase Boost Breeze or Ensure Clear (a nutritional drink) as you have it to drink before you come to the hospital. (See "The Day of Surgery" below).
- Purchase sugarless gum or hard candy for use after your surgery.
- Arrange to have someone take you home after you are discharged. This is typically two to three days after surgery.

- 血塊
- 褥瘡
- 長期“沉睡的腸”或腸梗阻

進行手術前家中之事項

- 直至到進行手術的那天都要保持做正常的運動，。這會在下一節再討論。
- 如果您抽煙，今日就要將之介掉。介煙是避免呼吸問題的最好方法，也可以幫助您痊癒!
- 加州大學舊金山分校之 MyChart 病人電子病歷網站，提供一個容易用而又保密的方法讓您跟加大舊金山分校醫療中心的員工保持聯絡。這是一種安全的在線途徑跟您的醫務員溝通。您可以在加州大學舊金山分校之 MyChart 網站註冊。
- 手術前一星期，您會收到 PREPARE 準備手術診所的電話，以預約一次電話諮詢或手術前在診所親身會面。當有需要安排約見，PREPARE 準備手術診所預約的電話號碼是 415-885-7670。
- 請致電您外科手術醫生以確定手術的地點：
 - 1) 位於加州大學舊金山分校 Mission Bay 的 Moore/Bakar Hospitals 或
 - 2) 位於加州大學舊金山分校 Parnassus 的 Moffitt-Long Hospital?
- 購買 Boost Breeze 或 Ensure Clear (一種營養飲料)，以備您在去醫院前飲用 (參考以下 "手術當天" 的一節)。
- 購買無糖口香糖或硬糖以備手術之後用。
- 預先安排親友在您出院時接您回家。這一般會是手術後兩至三天。

Exercises Before Surgery that Aid in Recovery

Please [click](#) here for a printable version of these exercises.

Walking

- At least 20 minutes , 5 times a week
- This should be in addition to normal activity



Mini squats

- Stand at counter , using fingers for balance as needed
- Place feet hip width apart
- Sit down and back as if you are sitting in a chair
- Do not let your hips drop below your knees
- Repeat 10 times , 2 times/day



Heel Raises

- Stand at a counter , use fingers for balance as needed
- Raise up on your toes , lifting heels off the ground
- Stay for 1-2 seconds and SLOWLY lower your heels
- Repeat 15 times , 2 times/day



Single Leg Stance

- Stand at counter , using fingers for balance as needed
- Lift LEFT leg and hold for 30 seconds
- Lower and repeat with RIGHT leg
- If that becomes too easy , try holding your balance without using your hands , or close your eyes
- Perform 2 times/day for 30 seconds on each leg



手術前會對康復有幫助之運動

請[按此](#)，以取得有關這些運動之打印版本。

步行

- 一星期 5 次，每次最少 20 分鐘
- 這應當是正常活動以外另計的

輕微蹲下

- 站在檯旁，有需要時以手指扶檯邊作平衡
- 以臀部之寬度分開雙足站立
- 好像坐在椅子上，坐下然後站立
- 不要讓您的臀部降低過您的膝
- 每日 2 次，每次重複 10 遍

提升腳跟

- 站在檯旁，有需要時以手指扶檯邊作平衡
- 站著您的腳趾往上提升將身體升高，腳跟要離開地面
- 保持 1 至 2 秒，然後將腳跟慢慢下降
- 每日 2 次，每次重複 15 遍

單足站立

- 站在檯旁，有需要時以手指扶檯邊作平衡
- 提起左腳，保持這個姿勢 30 秒
- 將左腳放下，然後用右腳重複動作
- 如果您認為太容易的話，嘗試不用雙手去幫助平衡，或者閉起雙眼
- 每日 2 次，每次每腿 30 秒

The Day before Surgery





- Do one of the following as previously instructed:
 - Bowel prep with Golytely or equivalent
 - Bowel prep with Fleet's enema
 - No need to do any bowel prep
- If you have any questions about this , promptly call your surgeon's office.
- Shower the evening before or morning of surgery with either Dial Antibacterial or chlorhexidine soap (Hibiclens). Wash your entire body.
- Do not use chlorhexidine (Hibiclens) on your face because it can damage your eyes. These soaps are available at most drug stores (for example Walgreens , Target , Wal-Mart , CVS , or Rite Aid).
- The day before your surgery you should have no solid food , and have only clear liquids , which you may drink up until 2 hours before you arrive at the hospital.
- Clear Liquids are limited to the following:
 - Clear Broth
 - Clear juices such as apple , cranberry and grape. (No orange juice)
 - Jell-O
 - Popsicles
 - Coffee/tea (with no milk or cream)
- Wear comfortable clothing
- Leave all valuables at home.
- Wear your eyeglasses and bring a case. (no contact lenses)
- If you become sick before surgery (fever , cough , sore throat , cold , flu , infection) , please call your surgeon and the Mount Zion Adult Prepare Clinic at 415-885-7670.
- You may bring toiletries if desired; otherwise the hospital will provide them.
- DO NOT bring your medications to the hospital unless specifically instructed to do so.
- BRING a list of your medications including

手術前的一天

- 做下列我們之前給您指示的其中一項:
 - 以 Golytely 或等同的清潔腸道準備
 - 以 Fleet 灌腸劑清潔腸道準備
 - 不用做任何的清潔腸道準備
- 如果您對此有任何疑問，請立刻致電您的外科醫生診所。
- 在手術前一晚或當天早上，用 Dial Antibacterial 或 chlorhexidine (Hibiclens) 肥皂作全身淋浴。
- 不要用 chlorhexidine (Hibiclens) 在臉上，因為它會傷害您的眼睛。這些肥皂可在大部份的藥房(例如 Walgreens 、 Target 、 Wal-Mart 、 CVS 或 Rite Aid) 買到。
- 手術的前一天，您應該停止進食固體食物；直至到達醫院前的兩個小時您仍可以飲用只是清晰的飲料；之後便要停止。
- 清晰的飲料只限於下列：
 - 清湯
 - 清果汁，例如：蘋果、紅莓與提子(不包括橙汁)
 - 果凍
 - 冰棒
 - 咖啡/茶(不加鮮奶或奶油的)
- 穿著舒適的衣物。
- 將貴重物件存放在家中。
- 戴上您的眼鏡，並帶備眼鏡盒(不要戴隱形眼鏡)。
- 如果您在手術前病倒了(發燒、咳嗽、喉嚨痛、著涼、感冒、感染)，請通知您的醫生與 Mount Zion Adult Prepare Clinic ，電話 415-885-7670 。
- 您可以自備洗滌用品，不然醫院也會提供。

<p>dose(s) and times you take them.</p> <ul style="list-style-type: none">▪ BRING TWO forms of ID - including one ID with a photo.	<ul style="list-style-type: none">▪ 除非我們有明確給您指示，不然不要帶您的藥物去醫院。▪ 帶備一份您的藥物清單，包括劑量與服食時間。▪ 帶備兩種的個人身分證明，包括一份連照片的身分證。
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Activities and Exercises After Surgery 手術後之活動與運動

	Date of Surgery 手術當天	Post-Op Day 1 手術後翌日	Post-Op Day 2 (HOME!) 手術後第二日 (返家!)	After Discharge (出院後)
Nutrition 營養	Ice chips/clear liquids 冰塊/清晰的飲料 	Liquids or simple solids 流質飲料或簡單的固體食物	Advance diet as tolerated 飲食隨著身體的適應從流質漸進固體	Diet as directed by Doctor 飲食跟隨醫生指引
Activity 活動	Walk with help. Sit in chair every 2 hours. Use incentive spirometer every hour while awake. 在輔助下散步。每兩小時一次坐在椅子上。  在非睡眠期間，每小時用激勵肺活量計。	Walk without help 5 times a day. Out of bed for 6 hours. Cough and deep breath frequently while awake. Use incentive spirometer every hour while awake. 每日五次，在無扶助下散步；下床共6小時。 在非睡眠期間，經常作咳嗽與深呼吸，和每小時用激勵肺活量計。	Walk without help 5 times a day. Out of bed for 6 hours. Cough and deep breath frequently while awake. Use incentive spirometer every hour while awake. 每日五次，在無扶助下散步；下床共6小時。 在非睡眠期間，經常作咳嗽與深呼吸，和每小時用激勵肺活量計。	Short, frequent walk. 短暫而頻密之散步。 
Medication 藥物	PCA pump, epidural or pain pills for pain control 以病人自控鎮痛泵、硬膜外麻醉或止痛藥去控制痛楚	PCA pump, epidural or pain pills for pain control 以病人自控鎮痛泵、硬膜外麻醉或止痛藥去控制痛楚	Pain pills 止痛藥 	Pain pills as needed 有需要時才服止痛藥
Treatments 治療	Urinary Catheter Chew gum Wound care 導尿管 口香糖 傷口護理	Remove urinary Catheter Chew gum Wound care 拆除導尿管 口香糖 傷口護理	Chew gum Wound care 口香糖 傷口護理	Wound care 傷口護理
Planning for Home Care 家中護理計劃		Discharge planning 計劃出院事宜	Discharge home when passing gas or stool 當恢復排氣或排便時便可以出院返家	Home or skilled nursing facility 家居或康復護理院

The Day of Surgery

Surgery at Mission Bay (Moore/Bakar Hospitals)

- Arrive at 1855 Fourth Street , San Francisco. Check in on the 2nd floor at the adult surgical waiting (Room A 2460) at the assigned ARRIVAL time (two hours before the scheduled surgery). Admitting will direct you to the Pre-Op Nursing Station. Phone # (415) 476-0989.
- Check in at Admitting , Room #A108 at assigned ARRIVAL time (two hours before the scheduled surgery).
- Staff at admitting will direct you to the Pre-Op Nursing Station on the third floor. Phone: (415) 885-7363

Surgery at Parnassus (Moffitt-Long Hospital)

- Arrive at first floor of Moffitt-Long Hospital , 505 Parnassus Avenue and check in at the admissions office. From there , you will be instructed to get to Pre-Op area on the fourth floor.

What to Eat and Drink

- Drink 1 container (8 ounces) **Boost Breeze** or **Ensure Clear 2 HOURS BEFORE ARRIVAL** at the hospital. For example , if arrival time at hospital is 6 a.m. , drink the Boost Breeze at 4 a.m.
- If you have diabetes , drink only half the container (4 ounces).
- Boost Breeze is also available at most Bay Area pharmacies. It comes in 8-ounce containers and costs approximately \$2.50 each for each flavor: wild berry , orange and peach. Alternatively , you may purchase Ensure Clear which is more widely available. These special drinks provide your body with energy during the operation.

手術當天

在 Mission Bay (Moore/Bakar Hospitals) 做手術

- 請在指定時間(預定之手術時間前的兩個小時) 抵達舊金山第四街 1855 號(1855 Fourth Street) 二樓 (2nd floor) 成人手術等候室(A2460 室)登記，接待人員會指示您去手術前護士站。電話 (415) 476-0989。
- 於指定抵達時間(預定之手術時間前的二個小時)到達接待處(A108 室)登記。
- 接待人員會指示您往位於三樓(third floor)之手術前護理站。電話 (415) 885-7363。

在 Parnassus(Moffitt-Long Hospital) 做手術

- 抵達 **Moffitt-Long Hospital , 505 Parnassus Avenue** 一樓(first floor)，然後到住院辦事處登記。在那裏，職員會指示您到位於四樓(fourth floor)的手術前區。

吃喝什麼

- 抵達醫院前兩小時，飲用一瓶(八安士) **Boost Breeze** 或 **Ensure Clear**。舉例: 如果要於早上六點抵達醫院，便在清晨四點飲用 **Boost Breeze**。
- 如果您有糖尿病，只需飲半瓶(四安士)。
- 您可以在大部份灣區(Bay Area) 的藥房買到 **Boost Breeze**。它是八安士裝的，每種味道的收費大約是每瓶\$2.50; 味道有野莓、橙與桃。另一選擇是購買 **Ensure Clear**，這可以更容易買到。這些特別飲料會在手術期間為您的身體提供能量。

- If you have been instructed to take any medications the morning of surgery, take them with a small sip of water.
- You should have nothing else to drink after the Boost Breeze/Ensure Clear liquids. **If you eat or drink after that time, your surgery may be canceled or delayed**

After You Arrive for Surgery

- You will receive IV fluids
- A warming blanket will keep you warm to help prevent infection after surgery.
- You will learn to use incentive Spirometer, a breathing exerciser. This can help prevent pneumonia. It is important to use it on your own to help with your recovery.
- You will sign a consent form for surgery and the possibility of a blood transfusion.
- If you think you might be pregnant, tell your surgeon or nurse.
- You may have an epidural placed before the surgery to reduce postoperative pain.
- You may have an anti-nausea patch placed behind your ear.
- You will receive two or three pain medications to help with pain control. These pills include:
 - Gabapentin: Blocks nerve related pain
 - Acetaminophen (Tylenol)
 - Diclofenac: Anti-inflammatory pain medicine

Post-Operative Period

Post-Op Day 0 (The Day of Surgery)

- You will get out of bed with assistance on the day of surgery itself. Getting out of bed can reduce complications.
- Staying active is the most important thing you can do to facilitate your recovery
- You will most likely be provided with a PCA (Patient Controlled Analgesia) pump to help with

- 如果您曾收到在手術當天早上服食藥物的指示，服食時只用一小口的水。
- 在飲用 Boost Breeze/Ensure Clear 之後，您不應再有什麼別的喝飲。如果您在這之後再有其他飲食，您的手術就可能要取消或延期。

您抵達醫院準備接受手術

- 您會受靜脈注射液體
- 您身體會有一張保暖用的毛氈讓您保持溫暖，以幫助您在手術後避免感染。
- 您會學習運用激勵肺活量計(一種呼吸運動儀器)。這儀器可以幫助防止肺炎。重點是您自己會運用以幫助康復。
- 您會簽署一份手術與可能需要輸血之同意書。
- 如果您認為您可能已懷孕，請告訴您的醫生或護士。
- 在手術前，您可能需要接受硬膜外麻醉，以減輕手術後之痛楚。
- 為幫助控制痛楚，您會接受二或三次止痛藥。這些藥物會包括:
 - Gabapentin: 阻止神經相關的痛楚
 - Acetaminophen (Tylenol)
 - Diclofenac: 消炎止痛藥

手術後的一段時間

手術當天

- 手術後當天，在適當的扶助下，您會起身下床。這會減低併發症。
- 保持活躍對您最重要，會促進您的康復。
- 我們會好可能為您提供一部病人自控鎮

pain control. Your nurse will show you how to use it.

- A urinary catheter (which was put in while you were asleep) will be removed the day after surgery.
- Unless instructed otherwise, it is fine for you to take clear liquids and chew gum or hard candy including:
 - Clear Broth
 - Clear juices such as apple, cranberry and grape.
 - Jell-O
 - Popsicles
 - Coffee/tea (no milk/cream)
- You may drink liquids as you like, but do not push yourself to drink. If you become nauseated, stop drinking and inform your nurse.

Post-Op Day 1 (First Day After Surgery)

- GET UP AND GET MOVING! This is extremely important after surgery.
- You will be provided with a "Postoperative Activity Record" to track of your progress. Please use it. Click [here](#) for a printable version.
- Plan on walking at least five times a day and sit in a chair for at least six hours. The first time you walk will be with your nurse. Your nurse will tell you when you are safe to walk by yourself.
- Getting out of bed, sitting, and walking will help with breathing, circulation, bowel functioning and your overall well being. It may even REDUCE PAIN!
- Activity will not damage the surgical area.
- Staying active is the single most important thing you can do to aid in your recovery and prevent complications.
- Use the incentive spirometer 10 times every hour you are awake.
- The urinary catheter will be removed in the

痛泵以幫助您控制痛楚。您的護士會給您展示如何使用。

- 手術後當天會將導尿管(在您麻醉下熟睡時裝上的)移除。
- 除非有特別指示，您可以進食清流質飲料與口香糖或硬糖，包括：
 - 清湯
 - 清果汁，例如：蘋果、紅莓與提子
 - 果凍
 - 冰棒
 - 咖啡/茶(沒有鮮奶或奶油的)
- 如果您喜歡的話，您可以飲流質飲料，但不要強迫自己去飲。如果您開始覺得噁心，便要停止飲用任何物料，並通知您的護士。

手術後翌日

- 起床，並且要活動身體! 這是手術後特別重要的。
- 我們會為您提供一本“手術後活動記錄”，以監察您的進度。請好好利用。按此可獲得一份印本。
- 計劃是每天最少散步五次，而坐椅子則最少六個小時。您首次散步會由護士陪伴。您的護士會告訴您什麼時候可以自行安全地散步。
- 下床、坐椅與散步會幫助呼吸、循環、腸道功能與您的整體康復。這甚至可以減輕痛楚!
- 活動並不會傷害到手術部位。
- 保持活躍是您可以做的單一最重要的事情，不但幫助您康復，也防止併發症。
- 除了睡眠時間，每小時用激勵肺活量計10次。
- 早上，我們會為您拆除導尿管。如果在

morning. If the catheter has not been removed by noon (and you have not been given a reason), please inform a member of your healthcare team.

- Unless your surgeon tells you otherwise, it is OK for you to eat soft foods the day after your surgery.
- Initially, small frequent meals are usually best after abdominal surgery, but don't force yourself to eat.
- Inform your nurse if you have nausea.
- Once you have begun to drink liquids, you will be given medication for pain. The pills work best when taken regularly, so request another dose to avoid the pain worsening.
- We try to keep you comfortable after your surgery, but expect some discomfort as you move about. We try to balance minimizing pain and avoiding the side effects of the pain medication. Expect soreness after surgery, but let your healthcare team know if you need more help to control your pain.
- Assist your nurse in recording how much you eat and drink and how much you urinate.
- You will be provided with an activity journal. Fill it out with pride!

Post-Op Day 2 (Second Day After Surgery)

- Your epidural catheter will probably be removed this morning. Pain should be well controlled with pain pills. Soreness is to be expected but it should not limit your ability to be active.
- Write down questions to discuss with your team. Your nurse will go over instructions with you.
- Continue to walk at least five times daily and have a family member help you if needed.
- Remember: Even when at home, you are only a phone call away from your care providers at UCSF.

中午或之前尚未拆除(而又未有給您交待原因),請通知您護理團隊中任何一位。

- 除非您的醫生特別提醒您不可以,否則您可以在手術後翌日進食軟質食物。
- 腹部手術後之初期,通常最佳是少量多餐;但不要強迫自己進食。
- 如果出現嘔心,通知您的護士。
- 當您開始飲用流質飲料時,我們會給您口服的止痛藥。定期服食這些藥止痛效果最佳,所以為了避免痛楚惡化,便要自己索求下一劑止痛藥。
- 手術後,我們會儘力令您舒適,但當您移動時,有一些不舒服是可以預期的。我們會盡力在減低痛楚與避免止痛藥之副作用之間作出平衡。您可以預期手術後會有痛,但假若您需要更多協助以控制您的痛楚,請讓您的護理團隊知道。
- 幫助您的護士記錄您食和飲的分量,還有小便量。
- 我們會給您一本活動日記,請自豪地填寫進展吧!!

手術後的第二日

- 您的硬膜外導管可能會在這天早上被拆除。止痛藥應該可以將痛楚控制住。雖然可以預計有疼痛,但這並不應該限制您保持活躍。
- 將您要與您團隊討論的問題寫下來。您的護士會跟您將指示重溫一遍。
- 保持每日散步最少五次;如有需要,可以安排家人輔助您。
- 記著:就算在家中,您與加大舊金山分校的醫護人員,也只是一個電話之隔。

At Home After Discharge

- Make an appointment to see your surgeon 2-4 weeks after surgery by calling **(415) 885-3606** or scheduling one through MyChart.
- If you develop any of these symptoms, please call our office at **(415) 885-3606**:
 - Fever of greater than 101.5°F
 - Nausea or vomiting (especially if you are unable to keep liquids down)
 - Severe pain at the incision
 - Pus or foul smelling drainage from the incision (thick, dark yellow drainage)
 - Persistent diarrhea or more than 10 bowel movements in 24 hours
 - Inability to urinate after 8 hours
 - Experience dizziness, lightheadedness, or extreme fatigue
 - Bright red blood from the incision, rectum or ostomy (greater than 1 cup). (A small amount of bleeding may be normal, depending on your surgery.)

Call 911 Immediately If You Develop Any of the Following:

- Chest pain
- Sudden shortness of breath
- Fainting and/or loss of Consciousness.

Physical Activity (unless otherwise instructed)

- No lifting greater than 10 pounds for 4 weeks to avoid developing a hernia at the incision.
- No driving while on narcotic pain medication. Avoid driving for at least the first week after surgery.
- It is normal to feel tired; you may need to take naps or rest during the day.
- You may walk flights of stairs, perform non-strenuous activities, ride in a car and shower
- Continue to walk frequently and increase your stamina!

出院返家後

- 致電(415) 885-3606，跟您的醫生預約在手術後兩至四個星期內復診，也可以在網上經 MyChart 安排。
- 如果您出現下列任何徵狀，請致電我們的辦事處 (415) 885-3606：
 - 發燒高於華氏 101.5 度
 - 噁心或嘔吐(尤其是如果您不可以將流質飲料吞下)
 - 手術傷口出現嚴重痛楚
 - 手術傷口流出膿液或帶惡臭(濃而深黃色之排出液)
 - 持續腹瀉，或在 24 小時內超過 10 次排便
 - 八小時後仍不能夠自己排出小便
 - 感覺頭暈、胸悶和極度疲勞
 - 從手術傷口處，直腸或造口術處流出鮮紅的血液(多過一杯)。少量流血可以是正常的，視乎您的手術。

若出現下列任何情況，立即召喚 911:

- 胸口疼痛
- 突然呼吸急促
- 昏厥和/或失去知覺

體力活動 (除非另有特別指引)

- 四星期內不要提起超過 10 磅的物件，以免在傷口引發脫腸
- 服食麻醉止痛藥期間，不要開車。手術後最少首星期內避免開車。
- 感到疲倦是正常的; 您可能在日間需要多次小睡或小休。
- 您可以步行多層樓梯、進行非劇烈的活動、坐車與淋浴。
- 持續經常步行，並增加您的耐力!

Diet

- Small frequent meals may be more easily tolerated after abdominal surgery. Avoid large meals.
- Drink plenty of fluids. Avoid caffeine, alcohol and fluids with high sugar content because they can cause increased urination, diarrhea, and dehydration. Water, Crystal Light and/or sports drinks (Gatorade) are good choices. Sugar free or low sugar sports drinks are better.

Pain Control

- Pain from the incision is normal. The pain will vary with activity, but should decrease over time.
- Mild crampy abdominal pain and bloating are normal. This should improve slowly. Eating several small meals instead of a few larger meals will help prevent bloating. Walking before and after meals will also help.
- Pain medication can sometimes cause constipation. Drink plenty of fluids and take stool softeners and/or laxatives as instructed. Stop taking stool softener if you develop loose stools.
- Take your pain medication only as prescribed.
- Narcotic pain medications are best for major pain. Narcotic pain medication can affect your ability to think clearly, drive or operate machinery. Do not drive if you are taking narcotic pain medication. Do not take with alcohol.
- Non-steroidal anti-inflammatory medications (NSAID's), such as ibuprofen, may be prescribed and are good for minor pain and will not alter your ability to think clearly. Common brands are Advil®, Motrin® and Aleve®.
- Acetaminophen - Tylenol® is also an excellent pain reliever for minor pain. Do not take Acetaminophen while taking Percocet® or Norco® or other medications that contain Acetaminophen. Taking more than 4,000mg of Aceta-

飲食

- 在腹部手術後，避免一次大量進食。少量多餐可能會更容易適應。
- 飲大量飲料。但要遠離咖啡因、酒精與高糖成份之飲料，因為這些都會引致尿頻、腹瀉和脫水。清水、Crystal Light 與/或運動飲料(Gatorade) 都是佳選。無糖或低糖運動飲料會更佳。

控制痛楚

- 來自手術切口之痛楚是正常的。這種痛會跟不同活動而有異，但應該會隨著時間而減退。
- 腹部輕微抽筋般之痛楚與腫脹是正常的。這應該慢慢會改善。以進食少量而多餐代替大量而少餐會幫助防止肚腫脹。餐前餐後都散步也會有幫助。
- 止痛藥物有時會導致便秘。喝大量飲料，並根據指引服用大便軟化劑與/或瀉藥。若出現大便稀溏，停止服用大便軟化劑。
- 只根據處方服食止痛藥物。
- 要應付強烈痛楚，麻醉止痛藥物是最佳之選。麻醉止痛藥物會影響您思想、駕駛汽車或操作機器之能力。若您服用麻醉止痛藥物，不要開車，更不要同時服用酒精。
- 非類固醇的消炎藥物，例如 ibuprofen，可以是輕微痛楚的處方配藥，這些藥物會有效，也不會影響到您的思想。一般品牌有 Advil®, Motrin® 與 Aleve®。
- Acetaminophen - Tylenol® 也是一種優良，可舒緩輕微痛楚的藥物。不過，當

minophen in 24 hours can cause severe liver damage.

- If your pain becomes progressively worse, or if you develop nausea and vomiting call your surgeon's office. 415-885-3606.

Bowel Movements

- After abdominal surgery your bowel movements (BMs) may not be regular. You may have loose stools or constipation. Your surgeon may send you home with medication or recommendations to help with these problems.

Urination

- You may experience some mild burning with urination, which will improve in time. If the burning persists, you have difficulty urinating, or you urinate small amounts often, call your surgeon's office. If you went home with a urinary catheter, please make sure that you have a follow up appointment for the catheter to be removed.

Sleep

- You may find you don't sleep as well after surgery and being in the hospital. This will get better with time. We do not usually recommend sleeping pills unless you were taking them before surgery.

Incision Care

- Unless told otherwise, you may shower. However you may not take baths, sit in a Jacuzzi or hot tub or swim until your surgeon gives the OK.
- The incision does not need to be covered. If there is a small amount of drainage, cover the area with gauze to protect your clothing and pre-

服用 Percocet®、Norco® 或其他含有 Acetaminophen 成份之藥物的時候，不要同時服食 Acetaminophen。在 24 小時內服食多過 4,000 毫克 Acetaminophen 會導致肝嚴重受損。

- 若您的痛楚慢慢惡化，或您出現噁心與嘔吐，請致電醫生的醫務所 415-885-3606。

排便

- 在腹部手術之後，您排便可能會出現不規則，也可能有便溏或便秘的情況。您的醫生可能會給您藥物帶回家或給您其他建議以協助您舒緩這些問題。

排尿

- 您可能會在排尿時感覺到輕微的灼熱，這最終是會改善的。如果這感覺持續，引致排尿有困難，又或者經常排尿量少，請致電您的醫生的醫務所。若您帶著導尿管回家，務請預先約定下一次跟進的復診時間，以便到時將導尿管拆除。

睡眠

- 您可能會發覺在手術後與在醫院期間都睡得不好；不過，這會隨時間而改善。我們一般都不會建議用安眠藥，除非您在手術前已習慣使用。

手術切口護理

- 除非有特別指引，您可以進行淋浴。不過，在未得到您的醫生同意之前，您不可以進行浸浴、坐在按摩浴缸或熱浴池內，也不可以游泳。

vent rubbing.

- A small amount of yellow/red/clear drainage from the incision is normal. If you notice thick, dark yellow drainage or, foul smelling drainage or redness at or around the incision (like a spreading sunburn), please call the surgeon's office as this may indicate infection, especially if you have a fever over 101°F.
- Most healing takes place by 6 weeks after surgery. The scar will continue to soften, and the skin will become lighter in color over the next year. Keep your incision covered from sunlight for the first few months, or use sunscreen to protect your newly healed skin from sunburn.

Drain Care

- If you have been sent home with a drain, your nurse will teach you how to care for it.
- After the drain has been in place for three days you may shower, and change the dressing. Do not take a tub bath or swim.
- Please check the skin around the tube. If the skin becomes red, tender or you notice foul smelling thick drainage from the skin, please call your surgeon. A little redness and a small amount of clear to pink drainage are normal.
- You will be sent home with instructions, a medication list and prescriptions.

Required Activities After Surgery

- Use your **incentive spirometer (ICS) once per hour** while you are awake to prevent pneumonia
- **Sit up in the chair every 2 hours** that you're awake to prevent pneumonia and pressure ulcers
- **Walk 5 times per day** to prevent pneumonia and to get your bowels moving
- **Chew gum 4 times per day** to help get your

- 切口是不需要掩蓋的。如果切口處有少量流出液物，可將部位用紗布蓋著，以免弄污衣物，還可以防止其受到摩擦。
- 切口處有少量黃色/紅色/清色的流出液物是正常的。如果您留意到流出物是濃而深黃色的，或帶有惡臭的，又或者在切口處或其周圍是紅色的(就好像是曬傷在擴散中)，請致電醫生辦公室，因為這可能是感染，尤其是如果當您有發燒高過華氏 101 度的情況。
- 在手術後大都需要六個星期之康復時間。疤痕會繼續軟化，而皮膚之顏色會在未來一年裏變得較淺色。在首幾個月內，避免將您的切口暴露在陽光下，或者可以使用防曬霜來保護您剛癒合的皮膚，以免曬傷。

排水管護理

- 如果您出院回家的時候仍帶著排液物設備，您的護士會指導您如何處理它。
- 在裝置排液物設備三天之後，您可以進行淋浴與更換衣服，但不要浸浴或游泳。
- 請檢查管子外圍的皮膚；如果皮膚轉為紅色、柔軟或者您留意到自皮膚流出帶惡臭氣味而又濃的液體，請致電您的醫生。一點兒紅與少量清至粉紅色的流出物是正常的。
- 您出院時，我們會給您指引、藥物清單與處方藥物帶回家。

手術後需做之活動

- 在您睡眠以外的時間，每小時要用**激勵肺活量計(ICS)**一次，以預防染上肺炎。
- 你醒著的時間**每兩小時一次起床坐椅子**，以預防染上肺炎與皮膚受壓潰瘍。

<p>bowels moving</p> <p>Activity Record - Celebrate Progress!</p> <p>Please click here for a printable version of the activity record.</p>	<ul style="list-style-type: none"> ▪ 每日散步五次可以令腸道活躍，也可以預防染上肺炎。 ▪ 每日嚼口香糖四次可幫腸道活動。 <p>活動記錄 -- 慶祝有進展!</p> <ul style="list-style-type: none"> ▪ 請按此以取得一份活動記錄 (可打印之版本)。
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今天日期 Today's Date: _____

手術日期 Date of Surgery: _____

您首次散步的時間 What time did you take your first walk? ____ 上午 a.m. ____ 下午 p.m

您首次散步時需要輔助嗎 Did you require help to take your first walk? 要 Yes ____ 不要 No ____

Place an "x" in the applicable box each time an activity is completed.
 當完成某一活動後，請在適當的格內放一"X"記號。

Time 時間	6-8 am 上午	8-10 am 上午	10-12 am 上午	12-2 pm 下午	2-4 pm 下午	4-6 pm 下午	6-8 pm 下午	8-10 pm 下午	10-12 am 上午	
ICS 1x/hour 使用激勵肺 活量計 每小時一次										
Chair 10x/day 坐椅子 每日十次										
Walk 5x/day 散步 每日五次										
Gum 4X/day 嚼口香糖 每日四次										

If you have questions please call your surgeon at (415) 885-3606.
 如有任何疑問，請致電您的醫生 (415) 885-3606。