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**CARE AFTER LEAVING THE HOSPITAL  
FOR COLON RECTAL PATIENT**

**DIET:**

Resume your normal diet, avoiding foods that are irritating to you.

**ACTIVITY:**

You may be up and about the house as your strength permits, but lie down frequently and avoid becoming tired.

**SITZ BATHS:**

Sit in hot water ten to twenty minutes, two or three times daily, and after each bowel movement. This cleanses the area, stimulates healing and relieves discomfort.

**RELIEF OF PAIN:**

1. Before bowel movements and as necessary for pain, take 2 tablets of Aspirin, Bufferin, Anacin, Tylenol, or prescription medicine for control of pain.
2. Nupercainal Ointment should be applied to the anal canal, and if not painful, by using the applicator on the tube,. Use before and after bowel movements, after hot bath and at bedtime. **Stop the ointment if itching or burning occurs.** Small fluffy pads of absorbent cotton make the best local dressing and should be changed as necessary. Use cotton and warm water for cleansing the area.

**REGULATIONS OF BOWEL MOVEMENTS:**

Each individual must adjust the following to his own needs in order to maintain a soft, formed stool. Try to avoid having liquid stools or more than two movements daily. Straining to start and complete bowel movement is not harmful. **Mineral Oil or Petrogalar:** These are lubricants and not laxatives. One tablespoon night and morning is an average dose. **DOXIDAN:** Take one or two capsules at bedtime if you have gone 24-36 hours without a satisfactory movement.

**ENEMAS:**

Warm tap water enemas are not harmful and may be taken daily if necessary to produce satisfactory elimination, either with or without the use of laxatives. If the Doxidan prescribed above produces no results by noon of the following day, an enema should be taken according to the instructions below:

1. Take 2 tablets of Aspirin, or any substitute pain medicine.
2. Apply Nupercainal ointment to enema tip.
3. Lie on the left side and take slowly up to one quart of tepid water.
4. Take a hot bath and repeat tablets and ointment after evacuation if uncomfortable.

**BLEEDING:**

The anal-rectal surgery wounds outside are left open purposely for more effective healing, so do not be concerned with this. A small amount of bleeding can be expected at any time. If it should persist causing repeated evacuations of blood or frequent change of dressing, notify me by telephone and lie quietly.

**POST-OPERATIVE:**

Please report your progress and at that time an appointment will be made for your first post-operative visit.