



NavicentHealth
*Everything about us is all about **you.***

A Patient's Guide to

COLORECTAL SURGERY

*Preparing for
& Recovering from Surgery*

Surgeon's Name: _____

Surgeon's Phone Number: _____

Date of Surgery: _____

Arrival Time for Surgery: _____

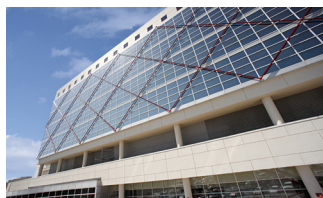
IMPORTANT

Bring this packet with you to appointments and your surgery!

GETTING READY FOR SURGERY

It all begins in your surgeon's office. Once you and your surgeon have decided on surgery, you will have steps to go through to get you ready for your surgery.

This handout will help walk you through the steps in preparing for your surgery.



Surgery Center, Navicent Health
840 Pine Street
Macon, GA 31201
(478) 633-1191
1-800-426-7164

The Surgery Center, Navicent Health is between the Emergency Room and the Children's Hospital. You may enter at street level or take the bridge from the **Red Parking Deck**. Turn right at the end of the bridge and take the elevators to the 1st floor.

Surgery Center, Navicent Health Parking

Park in the **Red Parking Deck** located on Pine Street across from the Surgery Center, Navicent Health and check in on the first floor (*street level*) of the Surgery Center, Navicent Health.

THE PREADMISSION ADMISSION TESTING (PAT) VISIT

Once your surgery is scheduled, a Preadmission Testing appointment will be scheduled at the hospital's Surgery Center, Navicent Health through your surgeon's office. Your appointment will be approximately 1–3 weeks before your surgery. You may also be asked to see your Primary Care Physician (PCP), any specialist that you may see (*i.e. Cardiologist, pulmonologist, etc.*), or a provider at our Fit for Surgery Center, Navicent Health to make sure you are physically ready for surgery.

Who/What do I need to bring to my PAT visit?

- ☐ Support person (*if available*)
- ☐ Photo ID
- ☐ Insurance card
- ☐ Any paperwork from your surgeon, primary care physician, or specialists you see
- ☐ Any lab work, EKG's, or diagnostic test you have completed within the past 6 months or less



- ☐ All current medications (*in original containers*) with dosages and instructions (*If you have problems writing or typing your medication list, you can also use a smartphone to take pictures of any medications you take. You can also ask your pharmacist to print out a list of your prescription medications.*)
- ☐ Be prepared to answer questions about your medical history



What will happen at this appointment?

- ☐ You will meet with a nurse to discuss your medical history, current medications (*including any over the counter medications, herbs, vitamins or supplements*), to obtain lab work, and any additional tests needed for your surgery. You will also receive preoperative instructions and education to help you prepare for surgery.
- ☐ You will get specific instructions regarding any medications you should or should not take before surgery.
- ☐ You will have an opportunity to discuss any questions you may have regarding your surgery.

My PAT appointment is scheduled for:

Day: _____

Date: _____

Time: _____

Please arrive 15 minutes early to complete paperwork.

Expect to be at your PAT visit for 1-2 hours. This may vary depending on your health history and additional testing needed.

PREPARING FOR SURGERY

Here at Navicent Health, we are dedicated in helping you get ready for your surgery. We know that the best outcomes from surgery start with patients who are well prepared prior to their surgery. Here are some tips to help boost your health, improve your recovery, and help you through the process.

GET STRONG FOR SURGERY

- **Quit and/or reduce smoking as soon as you know you are going to have surgery.** This helps prevent lung problems after surgery and helps you heal faster. Please tell your nurse or provider at your PAT visit if you are interested in our free “Stop Smoking” classes.



- **Focus on a healthy diet.** Getting a combination of nutrients from different food groups will give your body the fuel it needs to recover. Good nutrition prior to surgery helps your body heal faster, provides strength and energy, and helps fight infection.



- **Increase your activity level.** Increasing your activity level by even a small degree before surgery will help you get up and moving sooner and help shorten your hospital stay. You will also be given examples of exercises in your presurgical spine class.
- **Prepare for your return home.** If you live in a multilevel home, have a recovery space downstairs. Remove any slip or trip hazards such as cords that would be in your walking path. Shop – before surgery – for things you may need such as grocery items and hygiene products. Make plans on where you will stay after surgery and who will stay with you. Have a support person that will help you during your recovery period.



1–2 (OR MORE) WEEKS BEFORE SURGERY

- ☐ Choose a friend or family member to speak for you after surgery in case you are unable to. Surgery goes fine most of the time, but everyone should have a support person who knows what treatments you would or would NOT want if there were a serious problem.

It's best to have an **Advanced Directive** (*living will*) that explains what treatments you would like if you are not able to speak for yourself. If you have an Advanced Directive, bring a copy to the hospital. If you don't have one, ask the hospital to help you create one. You can also find advanced directive forms at <http://bit.ly/StateForm>

- ☐ Make sure you are scheduled for a Preadmission Testing (PAT) Visit at the Hospital.
- ☐ Make sure you are scheduled to see any medical provider as requested by your surgeon to make sure you are ready for surgery. This may include your PCP,

specialist you may see, or a provider at our Fit for Surgery Center, Navicent Health.

- ☐ Find friends or family who can help you when you go home. Let us know if you don't have people nearby who can help you in the first week after you return home, you may qualify to stay in a rehab facility until you get your strength back.
- ☐ Make sure you are scheduled for a pre-op visit with your surgeon.
- ☐ Obtain any lab work, EKG's, or other diagnostic test you have completed within the past 6 months or less.
- ☐ Obtain any recent (*within 6 months*) records from your surgeon, primary care physician, or specialist you see or any other medical records you feel are important.
- ☐ If you take a blood thinner, anticoagulant, or anti-inflammatory, find out if you should stop taking it in the days or weeks before surgery. These medications may include clopidogrel (*Plavix®*), warfarin (*Coumadin®*), Rivaroxaban (*Xarelto®*), Apixaban (*Eliquis®*), Aspirin, Mobic®, Celebrex®, Aleve®, Advil®, Motrin®.
- ☐ Ask your primary care doctor if you should get the flu vaccine (*if it is flu season*) and the pneumonia vaccine.
- ☐ Tell us and your doctor if you drink alcohol (*beer, wine, liquor*) or use illicit drugs. You need to be honest as this can affect your recovery.

IN THE 5 DAYS BEFORE YOUR SURGERY

You will be provided and instructed to drink 10 bottles of Ensure® Surgery Immunonutrition. This will help your body prepare and recover from surgery.

Drink Ensure® Surgery Immunonutrition as follows:

- Drink (1) one *Ensure® Surgery Immunonutrition* in the morning as well as (1) one in the evening on the (5) five days before surgery.

DAY BEFORE SURGERY

- ☐ Follow all pre-op instructions from your surgeon and PAT team relating to your medications.
- ☐ **Find out when you should start a clear liquid diet.** This is usually started on the day before surgery but follow your doctor's orders. Think of “clear liquids” as anything you can see through.

These clear liquid items are allowed:

- Water
- Clear broth: beef or chicken
- Gatorade

- Lemonade or Kool-Aid
- Sodas, teas, coffee (no cream)
- Gelatin (without fruit)
- Popsicles (without fruit or cream)
- Italian ices
- Juices without pulp: apple, white grape juice
- You may use salt, pepper and sugar

Not allowed:

- Milk or cream
 - Milkshakes
 - Tomato juice
 - Orange juice
 - Grapefruit juice
 - Cream soups or any soup other than broth
- ☐ Most patients should not eat or drink anything after midnight, but specific instructions will be given at your PAT visit.
 - ☐ You will get a call sometime before 4PM letting you know what time to report for surgery. If you do not hear anything by 4PM call (478) 633-1191 to verify your surgery time.
 - ☐ You will need to shower the night before surgery with a specialized soap (*typically Hibiclens®*). Specific instructions will be given at your PAT visit.
 - ☐ Sleep in clean laundered sheets and pajamas the night before surgery.
 - ☐ No pets should sleep with you once you have taken your specialized bath.
 - ☐ Do not shave, wax, or remove any hair from your body before surgery.
 - ☐ Your surgeon will tell you IF you need to start a BOWEL PREP. A “bowel prep” is used to clean out your colon. Instructions vary so speak to your surgeon about specific directions.
 - It’s important to drink all the prep for it to work correctly.
 - Drink plenty of allowed fluids all day to prevent dehydration.
 - Plan to stay home the day of the prep, you will need to use the bathroom throughout the day.
 - It may be easier to drink the prep if you chill it and drink it through a straw.
 - It may help to use wet wipes, so your bottom doesn’t get sore.
 - ☐ Usually, your doctor will prescribe TWO different antibiotics to take the day before surgery to prevent infections after surgery. This may include Neomycin + Erythromycin OR Neomycin + Metronidazole (*Combinations and dosages vary, so follow your surgeon’s instructions*).



- ☐ Do **NOT** eat anything after midnight – you may continue clear liquids.

DAY OF SURGERY

- ☐ Leave valuables at home but bring a photo ID and your insurance card.
- ☐ Do not wear makeup/jewelry (*including body piercings*), or nail polish.
- ☐ Brush your teeth and use mouthwash the morning of surgery to reduce your chances of a lung infection.
- ☐ You will need to shower again with a specialized soap (*typically Hibiclens®*). Do not apply lotions, deodorants, moisturizers or makeup to your skin after your shower. Specific instructions will be given at your PAT visit.
- ☐ Follow all pre-op instructions from your surgeon and PAT team relating to your medications. Take with a sip of water.
- ☐ **DO NOT EAT!** – This will cause a delay or cancellation of your surgery.



Follow your surgeons orders!

Most surgeons want you to continue clear liquids 2–4 hours before surgery.

You may be told to drink a specific drink (*often Ensure® Clear Nutrition*) on the way to the hospital OR in the Pre-surgical holding area. If this applies to you, you will be provided this drink and instructed on when to drink it.

- ☐ Park in the **Red Parking Deck** located on Pine Street across from the Surgery Center, Navicent Health (*See attached map*).



- ☐ Check-in for your surgery. Check in is located on the first floor (*street level*) of the Surgery Center, Navicent Health.

WHAT HAPPENS AFTER CHECK IN

You will be directed on where you will be prepared for surgery. Preparation for surgery involves:

- Changing into a hospital gown.
- Reviewing consents (*operative, anesthesia, and blood*) and any other necessary paperwork (*a current history and physical, any necessary imaging, etc.*)

- Obtaining any necessary blood work.
- Starting an IV.
- If needed, the surgeon will mark your operative site.
- An anesthesiologist will meet with you.
- You will be asked by the medical personnel caring for you your name, date of birth, your surgeon and what type of procedure is being done. You will be asked these questions multiple times by those caring for you. Thank you for your patience because this is for your safety.
- Your support person may stay with you until you are taken into surgery. They will be directed where to wait while you are in surgery. The surgeon will talk with them once the surgery is done. If your support person is unable to stay in the waiting area, a patient representative will be available to get contact information to keep them informed.

Your time and your family's time is very valuable to us, and we try very hard to ensure that your procedure starts on time.

However, there will be circumstances beyond our control that could possibly delay your start time. Our commitment to you is that we will keep you informed while you are waiting. We strive to deliver individualized care to every patient therefore all times that are communicated to you are only estimations.

AFTER SURGERY

Once your surgery is completed, you will go to the Post Anesthesia Care Unit (*PACU*). Some patients, such as Open-Heart patients, will go straight to the ICU (*Intensive Care Unit*) after surgery.

The length of time a patient is in the PACU depends on:

- Type of surgery
- How well you wake up from anesthesia
- Pain and nausea control
- Need for special treatments
- Availability of a hospital room

The average PACU recovery time for adults is 1–3 hours.

RECOVERY

- **Practice deep breathing.** Take 10 deep breaths. Then cough hard 3 times. Do this 2 times per day or more to help prevent pneumonia (*a lung infection*). You

may get a special device called an Incentive Spirometer to help. If so, you will be taught how to use the device (*you should use it 10x every hour that you are awake to prevent pneumonia*).



- Plan to sit on the edge of the bed or in a chair on the first day of surgery.
- Getting out of bed and walking will be one of your main goals. Your nurse and physical therapy will help guide you through the process. Don't forget to call your nurse anytime you need to get out of bed. We don't want you to fall.
- Be aware of how to prevent potential complications after surgery such as blood clots, infection, and pneumonia. Your healthcare team will discuss this with you.
- Follow your doctor's orders regarding meals. They usually want you to eat a soft diet the day of OR the day after surgery.
- You will be assigned a discharge planner to help you with your discharge needs. This may include medical equipment and rehab if needed.
- A follow up appointment will be made with your surgeon, typically around 1–2 weeks.
- To access slides with more specific information regarding these topics, please visit: NavicentHealth.org/service-center/fit-for-surgery-center

PACU VISITATION

Visitation is encouraged with the following considerations:

- Visitors will be limited to no more than 2 people at a time.
- Generally, visitations are limited to 10–15 minutes duration.

Please keep in mind that these general rules are for the privacy of all patient's, to allow you time to recover, and to allow the staff to focus on your care

For patients staying overnight:

- **Will I be in pain?** You will experience some pain. Tell your nurse if you have pain and we will do our best to help.

We will aim to prevent and manage your pain by multiple methods. This may include the use of an epidural, numbing agents, a combination of non-opioid medications, and (*if needed*) opioid medication.

- Our aim is to control your pain with as little opioids as possible as they:
 - Can make you feel sick to your stomach
 - Can slow down your recovery
 - Can make it hard to have a bowel movement
- **When will I eat?** Depending on your surgery, you may be allowed fluids in recovery. Once you get to your room, your diet will be advanced based on your surgeon's orders. This has been shown to speed up recovery.
 - *Avoid carbonated drinks after surgery.*
- **When can I get out of bed?** Generally, most patients do not get out of bed while in PACU. This is due to the effects of anesthesia and for your safety. We will help you get up and moving as soon as possible after surgery. This helps your body heal faster. Always call your nurse to help you get out bed — *we don't want you to fall.*



CALL-DON'T FALL!



ASK A NURSE!

Plan to be up in a chair at least one time on the day of surgery. Starting on the day after surgery: Plan to be out of bed for all meals and at least 6 hrs. Plan to walk each day.

AT HOME

For the First Month

- Follow instructions about what to eat and drink and what to avoid.
- Get exercise, like walking, a few times a day. Do a little more each day.
- Do NOT drive until you no longer take any opioid pain medications.
- Do NOT lift anything heavier than 10 pounds (*like a full bag of groceries*).



Call Right Away If:

- You have a fever higher than 101.5 degrees fahrenheit.
- Your wound is red or MORE painful.
- Your pain is WORSE.
- Your pain medication doesn't control your pain enough.
- You have pain in your belly (*abdomen*).

- Pus is coming from your wound.
- Bad-smelling fluid is coming from your wound.
- It burns when you urinate (pee)
- You feel sick to your stomach or you are throwing up.

Call 911 or Go To The Emergency Room If You:

- Have very bad pain in your belly (abdomen).
- Have chest pain.
- Are short of breath or have trouble breathing.
- You have any other severe problems.

Have the emergency team call us once you are stable.

MEDICAL CENTER AMENITIES

For the convenience and comfort of your family members and friends, the Surgery Center, Navicent Health waiting area has:

- Restrooms.
- Vending area with drinks and snacks.
- **Free Wi-Fi.**
- Consultation rooms where your physician may speak with your support person after surgery Staff to answer any questions.

ATM

Automated Teller Machines (ATM) are located:

- Heart Center, Navicent Health: Ground Floor
- Main Lobby: First Floor
- Peyton Anderson Health Education Center: Second Floor
- Children's Hospital, Navicent Health: Lobby

All accessible 24/7

AUXILIARY CART

Our Auxiliary operates a gift cart which is available for the convenient sale of snacks and a variety of other items. All profits are donated to the Navicent Health Auxiliary. On days the gift cart is in operation, you may find the cart on the 2nd floor of the main hospital. If you wish to purchase an edible item, please check with your nurse first.

COMPUTER ACCESS AND UP TO DATE HEALTH INFORMATION Peyton Anderson Health Education Center - 2nd Floor

Monday—Friday: 8AM—4:30PM

Please visit our Health Resource Center for complimentary PC access and up to date health information. We offer **free Wi-Fi** for family members who have access to a laptop.

DINING

Your physician will order a recommended diet based on your health care needs and condition. Special request may be made and delivered if allowed by your prescribed diet. Family members who stay with you may purchase a guest tray at the cost of \$2.50 for breakfast and \$4 for lunch or dinner. Guest may call extension 3-0175 to speak with nutrition services.

DINING (FOR VISITORS)

Visitors may call extension 3-1140 for our cafe daily.

AllSpice Cafe

East Tower Ground Floor

Open Daily:

Breakfast: 6:15AM–10AM

Lunch—Dinner: 11AM–7PM

Late Night Meal: 10PM–2AM

Carmella Joe's

Heart Center, Navicent Health

Monday—Friday: 6:30AM–3PM

CREATE Cafe

PAHEC Building

2nd Floor

Breakfast: 7AM–10AM

Lunch: 11AM–2PM

Domino's

600 New Street

Macon, GA 31201

Daily Hours: 10:30AM–Midnight

(478) 219-4400

Dunkin' Donuts

Daily Hours: 5AM–Midnight

H & H Restaurant

Soul Food Restaurants

807 Forsyth Street

Macon, GA 31201

(478) 742-9810

Jimmy John's

Gourmet Sandwiches

781 Spring Street

Macon, GA 31201

Monday—Sunday: 11AM–11PM

(478) 812-8887

Micro Market

Surgery Center, Navicent Health

6th Floor

Attendant on-site:

Monday—Friday: 9AM–2PM

Roly Poly

624 New Street

Macon GA 31201

Monday—Friday: 10AM–6PM

(478) 745-7659

Subway

883 Pine Street, Macon GA 31201

(Across the street from Surgery Center, Navicent Health on left)

Sunday: 9AM–4AM

Monday—Friday: 7AM–4AM

Saturday: 8AM–4AM

Which Wich

Superior Sandwiches

Daily Hours: 10AM–Midnight

Gift Garden

Main Lobby: 1st Floor

Monday–Friday: 9AM–5PM

(478) 742-4400 *(Hospital extension 3-2360)*

Toll-Free: 1-800-628-4210

NavicentHealth.org

Major credit cards are accepted

The Gift Garden is open 5 days a week and offers fresh flowers, green and blooming plants, silk arrangements, fruit and gourmet baskets, balloons, and specialty gifts with free city-wide delivery.

MAIL BOXES

West Tower - First Floor

A U.S. mail drop box is located on the first floor of the West Tower. Outgoing letters and small packages (*less than 13oz.*) received by 2PM Monday—Friday will go out the same day. Mail deposited after 2PM will go out the next business day. Outgoing mail must have the correct postage attached. The Mail Center does not sell stamps or offer window service.

PASTORAL CARE

Navicent Health: 1st Floor

Monday—Friday: 8AM–4:30PM

(478) 633-1461

After Hours: (478) 633-1000

- A chaplain is available 24hrs daily.
- The on-call chaplain can be reached at pager #1942; or, call the hospital operator who can page the on-call Chaplain for any patient, family, or staff.

SECURITY

Hospital police are on duty around-the-clock for the protection of our guests, employees and hospital property. Hospital police are happy to assist with escort service to your automobile by calling (478) 633-1490.

TELEPHONE USAGE

- To make a local call, dial “9” to get a dial tone, then dial the number.
- If you wish to make a long distance, collect call or charge a call to a third party, dial “9”, then “0”, the area code and the number you wish to call. Wait until an operator answers and let them know how you wish to charge the call.
- You cannot charge a long distance call to your room or your hospital bill.
- If there is a problem, please dial “0” and a hospital operator will assist you.

VENDING MACHINES
(INCLUDING A SELECTION OF SNACKS & DRINKS)

Conveniently located in waiting areas around the hospital. If there is not a waiting area near you, please check with the hospital staff.

IMPORTANT PHONE NUMBERS

- Billing: (478) 633-1130
- Hospital Police: (478) 633-1490
- Gift Garden: (478) 633-2360
- Graves Pharmacy: (478) 745-0476
- Interpreting Services: (478) 633-6868
- Medical Center (Main): (478) 633-1000
- Nutrition Services: (478) 633-0175
- Pastoral Care: (478) 633-1461
- Patient Information: (478) 633-1000
- Surgery Center, Navicent Health
Family Waiting: (478) 633-2845
- Surgery Center, Navicent Health
Patient Rep: (478) 633-6790

NAVICENT HEALTH IS SMOKE-FREE

Navicent Health prohibits smoking and the use of associated tobacco products in or on any of the buildings, grounds, parking lots, parking garages, ramps, plazas, vehicles, and sidewalks adjacent to Navicent Health buildings or properties defined as “on campus”.

As an organization, we are committed to the health and safety of our employees, physicians, volunteers, visitors and patients. In line with our mission, we have a responsibility to promote a smoke-free/tobacco-free environment. By assuming a leadership role regarding smoking cessation, we will reduce the health risks associated with primary and second-hand smoke exposure for all individuals.

TELL US WHAT YOU THINK

Navicent Health is dedicated in helping you to have a successful surgery. We value your input and would like to hear about your experience. After you are discharged, you may receive a survey that asks about your surgical experience. Your feedback is always considered and valued.

PLANNER AND CHECKLISTS IN PREPARING FOR YOUR SURGERY

INSTRUCTIONS:

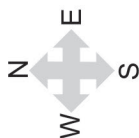
Mark the date of your surgery in the last row of the calendar on the appropriate day of the week. Use this calendar to mark and track each of your appointments leading up to surgery (for example, anesthesia clinic, primary care provider, etc.), and any reminders for the activities you will need to do in the days leading up to your surgery (for example, your Immunonutrition Drinks).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

Write down any questions for your care team.

[illegible]



CAMPUS MAP



The Medical Center
NavicentHealth



Rest Rooms

Elevators

Information Desk

Parking

Gift Shop

ATM

MAP SYMBOLS

For easier access to services, park in decks that correspond to the following colors:

- 1916 Building

Center for Ambulatory Services

Children's Hospital

Endoscopy Center

Lanier Building

Peyton Anderson

Health Education Center
- 770 Pine Professional Building

840 Pine Street Professional Building

Emergency Center

Surgery Center

W.T. Anderson Health Clinic
- Bridge access on 3rd floor to

F-family Birth Center

East Tower

Gift Garden

Human Resources

Main Tower & Entrance

West Tower
- The Albert Luce, Jr. Heart Institute

East Tower

Patient Registration

Breast Care Center

Life Boutique

Peyton Anderson Cancer Center



NavicentHealth
*Everything about us is all about **you.***