







# MY ENHANCED RECOVERY CALENDAR









Follow these steps before and after your colorectal surgery to recover safely and quickly. Please bring this with you to the hospital.

	4 weeks before surgery	2 weeks before surgery	1 week before surgery	Day before surgery
<b>Medications &amp; Pain Management</b> 	<input type="checkbox"/> Take medications as directed by your doctor.	<input type="checkbox"/> Take medications as instructed by the Preoperative Medicine Clinic provider.	<input type="checkbox"/> Take medications as instructed by the Preoperative Medicine Clinic provider.	<input type="checkbox"/> Take medications as instructed by the Preoperative Medicine Clinic provider.
<b>Activity</b> 	<input type="checkbox"/> Exercise daily to condition your body. <input type="checkbox"/> Relax with online tool: <a href="https://kp.org/surgerypodcast">kp.org/surgerypodcast</a> .	<input type="checkbox"/> Exercise daily to condition your body. <input type="checkbox"/> Lose weight, if your doctor advises. <input type="checkbox"/> Relax with online tool: <a href="https://kp.org/surgerypodcast">kp.org/surgerypodcast</a> .	<input type="checkbox"/> Exercise daily to condition your body. <input type="checkbox"/> Lose weight, if your doctor advises. <input type="checkbox"/> Relax with online tool: <a href="https://kp.org/surgerypodcast">kp.org/surgerypodcast</a> .	<input type="checkbox"/> Incentive spirometer practice. <input type="checkbox"/> Continue daily exercise. <input type="checkbox"/> Relax with online tool: <a href="https://kp.org/surgerypodcast">kp.org/surgerypodcast</a> .
<b>Eating &amp; Drinking</b> 	<input type="checkbox"/> Maintain a regular diet.	<input type="checkbox"/> Maintain a regular diet.	<input type="checkbox"/> Nutritional supplement of your choice 2-3 times per day for 1 week. <input type="checkbox"/> Maintain a regular diet.	<input type="checkbox"/> <b>Stop solid food by 10 a.m.</b> <input type="checkbox"/> Clear liquids only after 10 a.m. <input type="checkbox"/> Drink 16 ounces of water before going to bed.
<b>Tobacco</b> 	<input type="checkbox"/> Talk with your doctor about ways to quit tobacco. <input type="checkbox"/> Tobacco use increases the risks of complications after surgery.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.
<b>Mouth &amp; Skin Care</b> 			<input type="checkbox"/> Do not shave or wax your legs, underarms, or the area of your body where we will operate. <input type="checkbox"/> Avoid skin cuts and scrapes.	<b>The night before surgery</b> <input type="checkbox"/> Shower or bathe, and wash hair. <input type="checkbox"/> Do not shave. <input type="checkbox"/> Skin preparation as directed.
<b>Other Steps &amp; Treatments</b> 	<input type="checkbox"/> Plan ahead for help at home for 2 weeks after surgery. <input type="checkbox"/> Schedule an appointment with Preoperative Medicine Clinic no more than 30 days before surgery date.	<input type="checkbox"/> Plan ahead for help at home after surgery. <input type="checkbox"/> Watch video <a href="https://kpdoc.org/incentivespirometervideo">kpdoc.org/incentivespirometervideo</a> . <input type="checkbox"/> Schedule or complete an appointment with Preoperative Medicine Clinic.	<input type="checkbox"/> Plan ahead for help at home for 2 weeks after surgery. <input type="checkbox"/> Watch video <a href="https://kpdoc.org/incentivespirometervideo">kpdoc.org/incentivespirometervideo</a> . <input type="checkbox"/> Complete an appointment with Preoperative Medicine Clinic.	<input type="checkbox"/> Start Bowel Preparation as directed. <input type="checkbox"/> Plan ahead for help at home after surgery.

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Follow these steps before and after your colorectal surgery to recover safely and quickly. Please bring this with you to the hospital.

	Day of surgery	After surgery	First day after surgery	Remainder of hospital stay	After discharge
<b>Medications &amp; Pain Management</b> 	<input type="checkbox"/> Take all medicine as instructed by doctor.	<input type="checkbox"/> IV pain medicine . <input type="checkbox"/> Ease pain with online tool: <a href="http://kp.org/easepainpodcast">kp.org/easepainpodcast</a> .	<input type="checkbox"/> Oral pain medicine. <input type="checkbox"/> Ease pain with online tool: <a href="http://kp.org/easepainpodcast">kp.org/easepainpodcast</a> .	<input type="checkbox"/> Oral pain medicine. <input type="checkbox"/> Ease pain with online tool: <a href="http://kp.org/easepainpodcast">kp.org/easepainpodcast</a> .	<input type="checkbox"/> Taper from oral pain medicine. <input type="checkbox"/> Ease pain with online tool: <a href="http://kp.org/easepainpodcast">kp.org/easepainpodcast</a> .
<b>Activity</b> 	<input type="checkbox"/> Check in for surgery.	<input type="checkbox"/> Walk in hallway. <input type="checkbox"/> Spirometer 10X/hour while awake.	<input type="checkbox"/> Walk in hallway minimum 4 times, minimum 100 feet each walk. <input type="checkbox"/> Spirometer 10X/hour while awake.	<input type="checkbox"/> Walk in hallway minimum 4 times, minimum 100 feet each walk. <input type="checkbox"/> Spirometer 10X/hour while awake.	<input type="checkbox"/> Stay active by going for 30 min walks outside twice a day. <input type="checkbox"/> Spirometer 10X/hour for a week.
<b>Eating &amp; Drinking</b> 	<input type="checkbox"/> Clear liquids only until you leave for surgery. <input type="checkbox"/> Drink 20 oz Gatorade prior to leaving – complete prior to checking in for surgery.	<input type="checkbox"/> Liquid diet.	<input type="checkbox"/> Start a regular diet as tolerated.	<input type="checkbox"/> Continue a regular diet as tolerated.	<input type="checkbox"/> Regular diet as tolerated. <input type="checkbox"/> Bowel function will often not fully recover until after discharge.
<b>Tobacco</b> 	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.	<input type="checkbox"/> Do not smoke or chew tobacco.
<b>Mouth &amp; Skin Care</b> 	<input type="checkbox"/> Use skin preparation as directed. <input type="checkbox"/> Do not shave. <input type="checkbox"/> Take only approved medicines.	<input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Use Chlorhexidine mouthwash as directed by your surgeon to help prevent pneumonia.	<input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Use Chlorhexidine mouthwash as directed by your surgeon to help prevent pneumonia.	<input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Use Chlorhexidine mouthwash as directed by your surgeon to help prevent pneumonia.	<input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Follow incision care instructions. <input type="checkbox"/> You may shower, but don't take a bath or use a pool or hot tub.
<b>Other Steps &amp; Treatments</b> 	<input type="checkbox"/> Check email/phone for surgery time and information.	<input type="checkbox"/> IV pain medicine. <input type="checkbox"/> Urinary catheter in place.	<input type="checkbox"/> <b>Urinary catheter removed.</b>		<input type="checkbox"/> Call surgery team for questions or advice at 1-844-398-2273 or Regional Advice at 1-800-813-2000.