



## Your Daily Goals While in the Hospital

### *A Checklist for Colon Surgery Patients*

#### *First Day After Surgery*

- Start a clear liquid diet
- Walk in the hallway 2-to-3 times
- Sit in a chair most of the day
- Cough and take deep breaths 10 times each hour
- Receive a shot to prevent blood clots
- Wear inflating boots when you are not walking

#### *Second Day After Surgery*

- Drink at least 16 ounces of liquid
- Have your IV fluids shut off and your bladder catheter taken out
- Start taking pain pills instead of pain shots
- In between the narcotic pain medicine, take ketorolac, which is also called Toradol<sup>®</sup> or ibuprofen, which is also called Motrin<sup>®</sup>
- Walk in the hallway more than 3 times
- Sit in a chair when not walking
- Cough and take deep breaths 10 times each hour
- Receive a shot to prevent blood clots

#### *Discharge*

You will be discharged when you are:

- Drinking all of the liquid your body needs without feeling sick
- Taking care of your pain with pain pills
- Getting out of bed and walking without help

