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® or ibuprofen, which is also called Motrin®
☐ 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