

Questions

Sometimes you or your family members may have questions for your medical team. These questions often occur to you at a time when your consultant is not available. This section is for you to use to list your questions in preparation for your next visit/appointment.

Ask your doctor:

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

Colorectal and peritoneal oncology centre Discharge information: things to remember



Recovery

Recuperation after abdominal surgery takes a variable amount of time, but is generally about 6 - 12 weeks. We will see you in clinic for an appointment between 3 and 6 weeks after your surgery.

Complications do not happen very often, however it is important that you know what to look out for.

Stoma patients

If you have a stoma, you will be provided with stoma bags and contact details for your local stoma team on discharge. If you notice that your stoma is very watery, producing large volumes, or if it has not worked for 24 hours or more and if you have any other concerns, please contact your stoma nurse.

Pain

You may go home with some tummy pain/discomfort, this is normal. Please take your pain medication as prescribed, which will be given to you on discharge.

During the first few weeks after discharge, if your pain becomes more severe and lasts for more than 2 hours, despite taking your medication, or you experience the following symptoms, please contact your colorectal specialist nurse during working hours (Monday to Friday, 7.30am - 6.00pm) on **0161 918 7001**. Outside these hours please contact The Christie Hotline on **0161 446 3658**.

- Fever, or feeling hot and sweaty
- Feeling sick and/or vomiting
- Generally feeling unwell

Wounds

If your wound needs care by the district nurse then the ward staff will arrange this prior to you going home. They will provide you with dressing/equipment for your wound for the first few days, then the district nurse will advise you how to obtain these.

It is not unusual for your wound to be slightly red and uncomfortable for the first 1 - 2 weeks after discharge, however, please contact your district nurse if you are seeing one, or the numbers given above if your wound becomes:

- Painful
- Swollen or hot
- Starts to discharge

Diet

After surgery there are no long term restrictions on your diet (unless you have stoma or have been advised otherwise). You may find that your appetite takes some time to return to normal, try eating little and often. Stoma patients should contact their stoma nurse for further advice.

Mobilisation

Over the next 6 weeks, gradually increase how far you walk until you are back to your normal level of activity. Do not undertake heavy lifting, gardening or housework (including vacuuming) for at least 6 weeks after surgery. If you have an open wound, please discuss this with your consultant and/or colorectal specialist nurse.

Work and driving

You are advised not to drive for at least 6 weeks. You will be able to return to work within 12 weeks, depending on your particular operation and job and whether you need any more treatment. Please discuss this with your consultant and/or colorectal specialist nurse.

The ward clerk can provide you with a sick note for the time that you are in hospital. Your GP will then supply you with any further sick notes.

Contact numbers

If you have any problems or concerns on discharge, please contact the colorectal specialist nurse team on **0161 918 7001** (Monday to Friday, 7:30am - 6:00pm). Outside these hours, please contact The Christie Hotline on **0161 446 3658**.