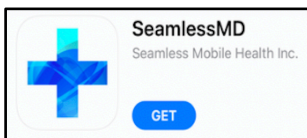


How do I prepare for my surgery?

1

Download the App



2

Do Not Forget

- | | |
|---|--|
| <input type="checkbox"/> ID | <input type="checkbox"/> Medicine |
| <input type="checkbox"/> Health Insurance Cards | <input type="checkbox"/> Comfy Clothes |
| <input type="checkbox"/> Copayment | <input type="checkbox"/> Toothbrush |

3

Things to Leave at Home

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> A Lot of Cash | <input type="checkbox"/> Nail Polish |
| <input type="checkbox"/> Jewelry | <input type="checkbox"/> Perfume |
| <input type="checkbox"/> Make-Up | |

4

Your Doctor May Suggest

- ☐ Exercising
- ☐ Stopping Smoking
- ☐ Improving Your Diet

5

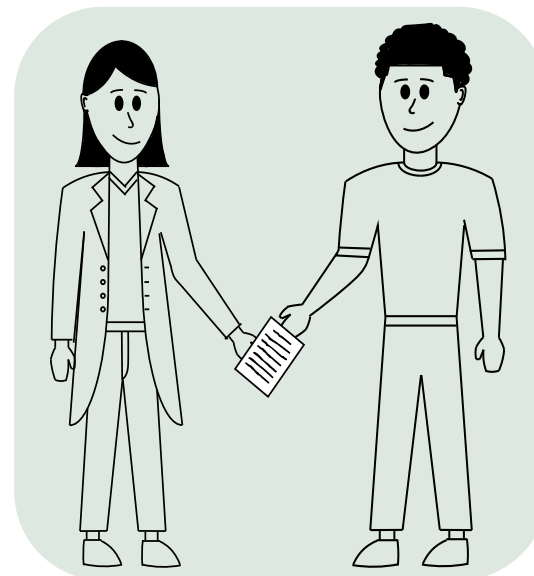
Numbers to Know

UAB Colorectal Surgery: 205-975-3000

UAB Pre-Testing: 205-801-8261

Your Emergency Contact: _____

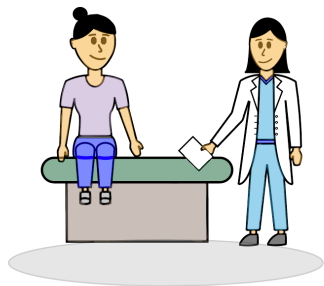
My Surgery Journey



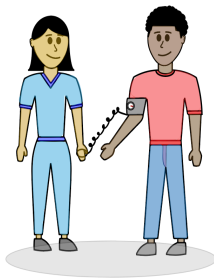
Enhanced Recovery Program (ERP)

Patient Education Pamphlet

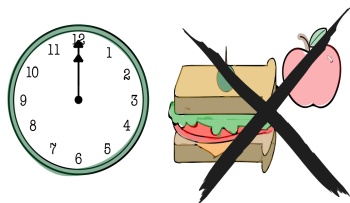
1 Clinic Visit



2 Pre-Op Testing

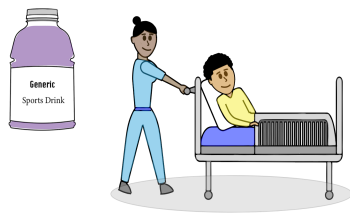


3 One Day before Surgery



Do not eat food after midnight.

4 Morning of Surgery

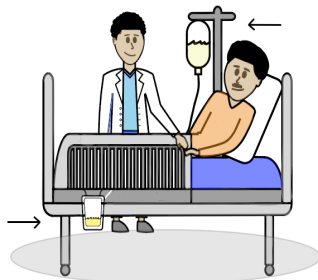


Drink clear liquids up until 2 hours before surgery.




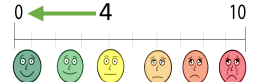
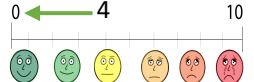
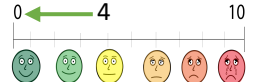

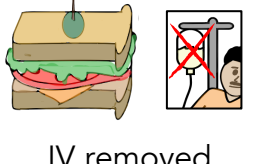
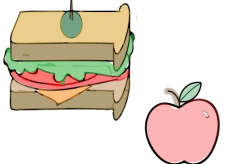
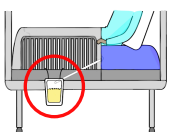


5 Surgery



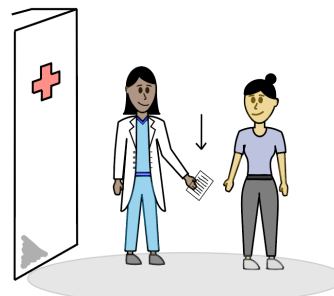
6 Recovery Room



7 Hospital Room

	Night of Surgery	Day 1 after Surgery	Days 2 and 3 after Surgery
Activity	Walk 3 times 	Walk 3 times 	Walk 3 times 
Pain	Pain should be less than 4 	Pain should be less than 4 	Pain should be less than 4 
Diet	 IV	 IV removed	
Bathroom	 Pee bag	 Pee bag removed	

8 Go Home



9 Follow-Up Appointment

