

INPATIENT SUTAB WITH IMPACT INSTRUCTIONS

LOCATION: _____

DATE: _____

CHECK IN TIME: _____

SURGERY: _____

If you need to cancel or reschedule your procedure, please call us with a minimum of a 2 week notice

If you have any questions regarding the procedure or the above instructions, please contact our office at: 971-254-9884

7 DAYS PRIOR: _____

- **If you are currently taking any blood thinning medication you will need to discuss this with our scheduler.** We will coordinate with your prescribing physician on how you should take this medication prior to your surgery.
- **Common medication restrictions:** Coumadin (Warfarin), Effient, Eliquis, Plavix (Clopidogrel), Pradaxa, Xarelto.
- **DO NOT TAKE** Aspirin, Ibuprofen, Advil, Motrin, Nuprin, Naproxen, Aleve, Naprosyn or NSAIDs.
- You may take Tylenol as needed.
- **STOP** all herbal medicines and supplements. Including but not limited to: multivitamins, iron, Vitamin E, and fish oil.
- **PURCHASE SUPREP BOWEL PREP KIT** (The prescription is sent directly to your pharmacy.)
- **PURCHASE ONE CASE (15 DRINKS) IMPACT ADVANCED RECOVERY & ONE CLEAR CARBOHYDRATE DRINK (IT'S OK IF IT HAS COLOR AS LONG AS YOU CAN SHINE A LIGHT THROUGH IT.)** *See page 3 for examples*

5 DAYS PRIOR: _____

- **Start drinking Impact Advanced Recovery, see info sheet 'Nutritional Drinks Before and After Surgery' included.**
 - **This also shows where to purchase**
- CONFIRM YOUR RIDE HOME.** You may not use a taxi or public transportation unless accompanied by a responsible adult.

THE DAY BEFORE: _____

- **BEGIN A CLEAR LIQUID DIET** when you get up this morning.
 This is any liquid you can shine a light through that is not foggy or cloudy.
***The one exception to this is the Impact Advanced Recovery drink. Please continue to drink 3 today.**
- **YOU MAY NOT** have anything solid to eat today.
- **DO NOT** drink alcohol.
Drink a minimum of 8 glasses of water today to avoid nausea while drinking prep
- **BEGINNING AT 6:00PM** (the evening before your procedure):
 1. Add cool drinking water to the 16oz line on the SUTAB container.
 2. Open 1 bottle of SUTAB containing 12 tablets. Over 15-20 minutes swallow each tablet with a sip of water until you have drunk the full 16oz of water and all 12 tablets.
 3. One hour after the last tablet was ingested, fill the 16oz container with water and slowly drink over 30 minutes.
 4. Approximately 30 minutes after finishing the last container of water, drink an additional 16oz of water.
 5. **REPEAT STEPS 1-4 AGAIN AT 9:00PM TONIGHT.**

CONTINUE TO DRINK A LOT OF WATER OR CLEAR LIQUIDS UNTIL MIDNIGHT.
 This is a necessary step to ensure adequate hydration and an effective prep.
THEN NOTHING MORE BY MOUTH
***This includes: gum, water, candy, coffee, tea, food, etc.**

SURGERY DAY: _____

Drink clear carbohydrate drink at: _____ (16 oz apple juice)

Check in for surgery at: _____

- Please wear loose, comfortable clothes and leave all valuables at home. Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person to be present at the time of discharge and with you for at least 24 hours after your procedure.

YOUR POST-OP IS ON: _____

St. Vincent Office
9155 SW Barnes Rd.
Suite 231
Portland, OR 97225

CHECK IN AT: _____

Bridgeport Office
18040 SW Lwr Boones
Ferry Rd., Suite 207
Tigard, OR 97224

Bridgeport
18040 SW
Ferry Rd., S
Tigard, OR

Nutritional Drinks Before and After Surgery

Preparing your body to help healing

One way to help your body heal faster after surgery

is to boost your nutrition. In addition to a regular healthful diet, your surgeon may prescribe two types of drinks before your surgery. Both will improve your body's ability to heal.

Please follow these instructions carefully, as they're designed to benefit your recovery.

If you have diabetes, please see the additional instructions on the back of this page.

Please note: It's important to stop drinking **all** liquids two hours before your

Instructions

1. Before surgery: DRINK three 6-fluid-ounce cartons of IMPACT Advanced Recovery per day for five days. This drink contains nutrients that promote recovery after surgery. To learn more, please visit Nestlehealthscience.us/brands/impact.

Beginning five days before surgery, in addition to your regular meals, drink one 6-fluid-ounce carton of IMPACT Advanced Recovery, chilled or over ice. You will drink one 6-fluid-ounce carton three times each day, after or between meals. Adjust the amount of food you normally eat (as needed) to make sure you can consume all three cartons each day. Do not drink all three cartons at one time – space the cartons throughout the day, usually after or between meals.

Stop drinking IMPACT Advanced Recovery the night before your surgery. Make sure you follow the specific instructions from your doctor about eating and drinking before surgery.

After surgery: DRINK three 6-fluid-ounce cartons of IMPACT Advanced Recovery per day for five days. After your surgery when you are eating again, your doctor will order three cartons of IMPACT Advanced Recovery daily in the hospital for you to drink after meals. Drink three cartons a day for five days after surgery unless your doctor tells you to stop.

Flavoring ideas

In an 6-ounce glass or larger, add one of the following ingredients to a carton of IMPACT Advanced Recovery, if desired:

arrival time at the hospital in order to avoid any delays or cancellations.

1/8 to 1/4 teaspoon of flavored extract, such as orange, raspberry, pineapple, cherry, maple, cinnamon, coconut, banana, almond or mint

OR

1 tablespoon of regular or sugar-free strawberry, caramel or maple syrup

OR

2 teaspoons of instant coffee powder

If you have diabetes

If you have diabetes, please note these additional instructions. **IMPACT Advanced Recovery** replaces one carbohydrate serving (one carbohydrate choice) at each meal.

IMPACT Advanced Recovery

- One carton of IMPACT Advanced Recovery equals 15 grams of carbohydrate. One carton replaces one carbohydrate choice at each meal. Carbohydrate foods are potatoes, bread, cereals, rice, fruits, milk and yogurt.
- Continue to eat protein foods (fish, chicken, beef, eggs), vegetables, salad, fats and oils, and limit carbohydrate foods at meals.
- Reduce by one serving (one carbohydrate choice) per meal potatoes, rice, bread, pasta, grains, yogurt, fruit, juice or milk.
- You may split your drink to 3 fluid ounces, six times a day. For example, you would consume 3 fluid ounces with each meal plus 3 fluid ounces between meals. This is the same total three 6-fluid-ounce cartons per day with smaller amounts at each meal and between meals.
- Do not eat sweets, juice or sugar sodas.
- If you add flavoring to the drink, use sugar-free sweeteners.

2. The day of surgery: DRINK a CLEAR carbohydrate drink the day of surgery. Your body responds better to the stress of surgery and you will feel better when you have a **clear** (must be see-through) carbohydrate drink several hours before the procedure.

On the day of your surgery, drink one clear (see-through) carbohydrate drink:

- one carton of Boost Breeze or
- one carton of Ensure Clear or
- **16 ounces of pulp-free apple juice** or
- two 4-ounce bottles of Gatorade Prime

Drink the entire amount of the one drink two hours before you are scheduled to arrive at the hospital. Drink it over a span of approximately 30 minutes or more. You can buy these products at many grocery and convenience stores. They do not require a prescription.

For more surgery resources, please visit **Providence.org/surgery**.

IMPACT Advanced Recovery can be found at the following locations:

Portland, Oregon

Providence St. Vincent's Medical Office Building
Pharmacy 1st Floor Lobby
9155 SW Barnes Road, Portland OR
Cost \$35

Providence Plaza Pharmacy

Campus of Providence Portland Medical Center
5050 NE Hoyt Street, Suite 142, Portland, OR
Cost \$35






Now available in the cafés at Providence Newberg, Providence Hood River, Providence Milwaukie, and Providence Willamette Falls

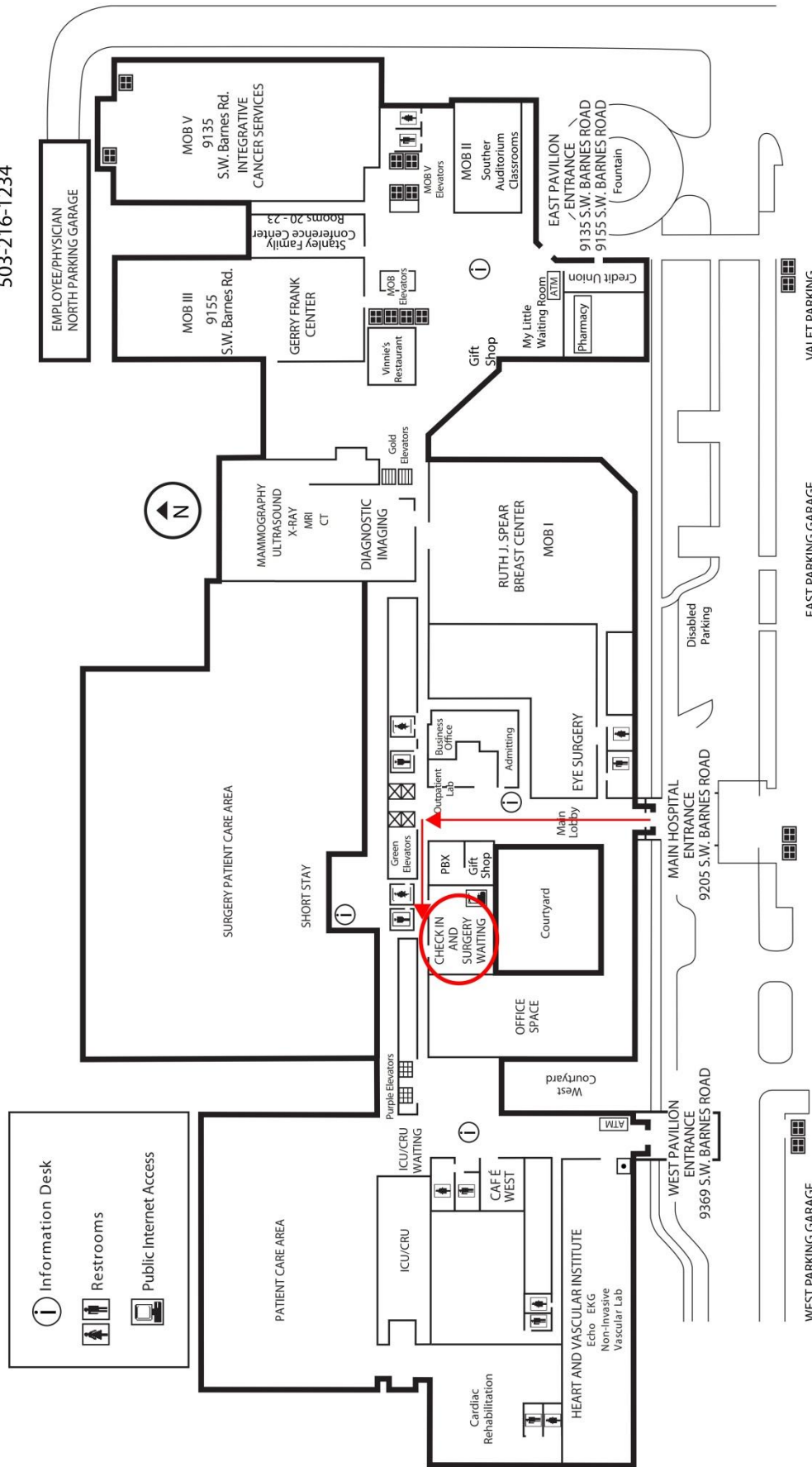
Medford, Oregon

Emile Café at Providence Medford Medical Center
located on the ground floor
1111 Crater Lake Avenue, Medford, OR
Cost \$35

**IMPACT Advanced Recovery is not currently covered by insurance plans.

First Floor
503-216-1234

-  Blue Elevators Lower Level(LL) Emergency (LL)
-  Purple Elevators Coronary Care Unit (CCU) (2nd floor) IRU (2nd floor) Maternity (3rd floor) Emergency (LL) Human Resources (LL)
-  Green Elevators Cafeteria (2nd floor) Chapel (2nd floor) Medical Foundation (2nd floor) Conference Room 1-6 (2nd floor) Conference Room 8-12 (LL) Board Room (2nd floor) Administration (2nd floor) Patient Rooms (4th - 9th floor)
-  Gold Elevators Nuclear Medicine (LL) Radiation Oncology (LL) Faculty Practice (2nd floor) Medical Procedure (LL)
-  MOB Elevators Physical Therapy/Rehab (3rd floor) Brain Institute (3rd floor)



CHECK IN AT SURGERY WAITING

WHAT TO EXPECT AFTER ABDOMINAL SURGERY

- You will have some discomfort in your abdomen. Your physician will give you a prescription for pain medication to help make you comfortable.
- You will likely be passing flatus; but, you may not yet have had a bowel movement.
- You may have irregularity to your usual bowel habits for up to 4 weeks.

DIET

- A soft diet should be eaten for 1 to 2 weeks.
- Avoid raw fruits and vegetables, tough meats and spicy food.
- It's best to eat 6 small meals a day and drink meal replacement shakes in place of meals when you are initially discharged home.
- Meal replacement shakes include Ensure, Boost, and Carnation Instant Breakfast.
- If you have an ileostomy or colostomy, you will have special instructions and will likely have met with a nutritionist prior to discharge.
- Drink at least 8 glasses of liquids daily to avoid dehydration (decreased or dark urine).

BOWEL FUNCTION

- Bowel function may be erratic at first.
- You may have some abdominal cramping with some good days and some bad days.
- Your bowel function may take several months to return to a normal pattern; it takes your body time to adjust.
- If you have symptoms of mild abdominal cramps, bloating, nausea, vomiting, or absence of passing gas or stool, you may restrict your diet to liquids only. If the symptoms persist beyond 24 hours or become severe, please contact your physician.

ACTIVITY

- Walking is good and climbing stairs is okay.
- Avoid activity which causes pain.
- Avoid lifting weights greater than 15-20 pounds or straining abdominal muscles (sit ups, pushups, and weight lifting) for approximately 6 weeks. Ask your physician at your post op visit when it is safe to increase your exercise regimen.

ABDOMINAL WOUNDS / INFECTIONS

- You will likely have pieces of skin colored tape on your abdominal incision or incisions.
- You may shower with soap and water and get the tape wet; pat dry.
- Leave the tape in place and use gauze only if you are having any drainage; change daily if necessary. If the tape becomes loose or hanging, it is okay to remove it.
- Keep your incisions protected from clothing, rubbing, etc. to decrease the risk of infection.
- If you have excessive swelling, redness, drainage or severe pain around the incision, you should contact your physician.
- If you have a fever greater than 101 F you should contact your physician.
- If you have severe abdominal discomfort, nausea and vomiting, or feeling of being unwell, please contact your physician.

DRIVING

- Do not drive for at least one week after discharge.
- Do not drive within 4 hours of taking pain medication.

MEDICATIONS

- You will be given a prescription for pain medication.
- If you need refills that are not included with your original prescription, please call the office during office hours (M-F 9am to 5pm) to request a refill. Refills will not be given on weekends/nights by the on-call physician. **Allow 3 business days for a refill.** Due to federal law, scheduled pain prescriptions cannot be called in, faxed or electronically prescribed. The majority of post-op pain medication our physicians prescribe fall under this rule. **Plan on having a friend or family member pick up your prescription from our St. Vincent office.**
- Resume any medications your primary care physician has prescribed; you will be given a medication discharge instruction sheet at the hospital.
- You may be given further instructions regarding fiber, anti-diarrheal medications, antibiotics, steroids, or other medications.

OSTOMY OR STOMA (if applicable)

- You will receive instruction on how to care for your stoma while you are in the hospital and you should feel comfortable with its care at the time of discharge.
- If you have difficulty with keeping a pouching system on for at least 24 hours, if there is recurrent bleeding, severe pain, swelling around the stoma, the stoma stops functioning, or the stoma output is >1500cc in 24 hours, please contact your physician.
- Bananas, peanut butter, potato salad and tapioca will thicken the stool. Metamucil or other powdered fiber supplements will also help.

FOLLOW UP APPOINTMENT

- Please plan on attending your scheduled post-op visit.
- If you have any questions, concerns, or problems please call the office at 971-254-9884 to be seen sooner.

If you are experiencing a medical emergency, call 911 or go to the emergency room.