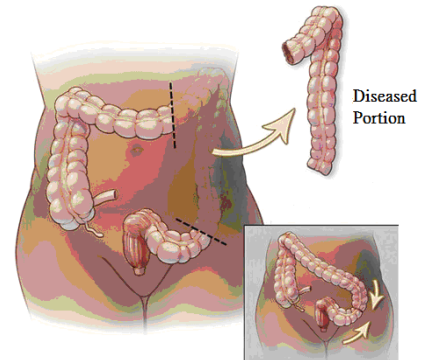


## Introduction

Open colectomy is a surgical procedure to remove a diseased portion of the colon through a large incision in the middle of the abdomen. It is used to treat many colonic diseases including cancer, diverticular disease and inflammatory bowel disease.

## The Operation

1. The operation is performed under general anaesthesia.
2. The affected bowel is removed via a large incision in middle of abdomen.
3. The remaining bowel ends are reconnected using staples or sutures.
4. A temporary stoma may be sited in some circumstances.
5. The abdominal wall is stitched and closed.



## Preoperative preparation

1. The operation and possible complications will be explained by the surgeon and a consent must be signed.
2. Please inform the doctor or nurse all your past medical history including current medication and any complication with drug or anaesthesia.
3. A laxative may be administered to empty the bowel the night before operation.
4. Routine tests (e.g. blood test, X-ray, ECG, etc.) will be done.
5. Shaving of surgical site may be needed.
6. Take a shower the night before operation.
7. Fast for 6-8 hours before the operation.
8. Change into surgical gown after removing all personal belongings including underwears, dentures, jewellery and contact lenses.
9. Empty bladder before leaving for operation.
10. Pre medication or intravenous infusion may be prescribed by the doctor.

## Postoperative Instruction

### General

1. After general anaesthesia, you may experience discomfort in the throat after tracheal intubation and the side effects of anaesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Inform nurse for pain relief, according to doctor's prescription.
3. If a urine catheter is inserted during the operation, it will be removed few days later.

### Diet

1. Nil by mouth until bowel function returns.
2. Resume frequent small diet gradually as advised by doctor or nurse.

### Wound care

1. Keep the sterile waterproof dressing dry.
2. The stitches or staples will be removed in 7-14 days.
3. The stoma, if created, will be cared by nurses, who will give and educate on stoma care before discharge.
4. If an abdominal drain is placed during the operation, it will be removed within few days.

### Activities

Early mobilization and deep breathing exercises help prevent lung infection or pulmonary embolism, and promote rapid recovery.

**Common Risks and Complications** (not all possible complications are listed)**Anesthesia related**

1. Cardiovascular: myocardial infarction or ischaemia, stroke, deep vein thrombosis, pulmonary embolism, etc.
2. Respiratory: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease.
3. Allergic reaction and shock.

**Procedure related**

1. Wound pain / infection / bleeding
2. Deep vein thrombosis / pulmonary embolism
3. Visible scars in the suture area
4. Intra-abdominal bleeding
5. Intra-abdominal fluid collection
6. Bladder dysfunction
7. Anastomotic leak
8. Damage to intra-abdominal organs e.g. bladder, ureter, blood vessels, small intestine, spleen, etc.
9. Intra-abdominal abscess
10. Anastomotic bleeding
11. Paralytic ileus
12. Small bowel bstruction

**Things to take note on discharge**

1. Mild wound pain is common and normal.
2. Please comply with medication regime as given.
3. You can take shower or bath as usual but ensure the dressing is kept dry.
4. Avoid heavy lifting, excessive exertion, bending or stretching within the first month.
5. Regular activities may be resumed gradually according to your condition.
6. Immediately contact your doctor or attend a nearby Emergency Department in the event of severe bleeding, severe wound pain associated with redness and swelling, pus drainage, nausea or vomiting, constipation or dysuria, shivering, high fever over **38°C or 100°F**, or any other unusual symptoms.

**Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

**Reference**

MAYO CLINIC: "Colectomy"

<https://www.mayoclinic.org/tests-procedures/colectomy/about/pac-20384631> (12-07-2023)