



When to seek help

Please see your GP or attend your local emergency department if you notice any of the following:

- Increased swelling, redness, ooze or pain from your wound
- Sudden or unusual increase in pain, shortness of breath or chest pain
- Bloating with no bowel movements and/or vomiting
- Feeling generally unwell, increasing abdominal pain, difficulty urinating, high temperatures.

If you are concerned or have questions you can contact:

13Health – 1343 2584

Your local GP.

Other important information

The Townsville Hospital
PO Box 670, Townsville QLD 4810
Ph: 07 4433 1111

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www.health.qld.gov.au/townsville



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Standard 2 - Partnering with Consumers



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Bowel Surgery

Discharge information following your
bowel surgery

Your appointment details:

Date:

Time:



Follow-up appointments

Your follow-up with the surgeons will be arranged with the surgical outpatient department on your discharge. Text messages are often used to confirm appointment dates and times so please ensure your phone number is up to date before going home.

We recommend you visit your usual GP within two weeks of leaving hospital for a general check-up.

Medications

Please take your medications as prescribed by the surgeons. The pharmacist will discuss with you any changes to your medications including any new medications you may need to start.

Wound Care

Please keep your wound clean and dry as possible. Follow up appointments can be arranged with our post-acute nursing care service for ongoing wound care and other assistance.

Activity

Gentle walking and exercise is encouraged. You should try to walk around and get back to your normal daily routine as much as possible.

If you need a medical certificate, please speak to the staff before you go home.

Avoid lifting heavy objects (more than 5kg) until you have seen your surgeon for your follow up appointment or until advised.

Please check with your insurance company when they will allow you to start driving again, as this may be different depending on your insurer and procedure.

Travel

Airlines have tight restrictions on when you can fly again following your procedure. You may need to arrange accommodation locally for a few nights before you can fly home. You may also be able to access the

Patient Travel Subsidy Scheme to assist with reimbursement for travel costs. Please ask to speak with the social worker if you need assistance to arrange this.

Diet

If you have specific dietary needs on discharge, the dietitian will have already discussed this with you and provided you information.

Unless advised otherwise, make sure you drink plenty of fluids to stay hydrated. Soft drinks and alcohol should be limited.

Feedback

We love to hear your feedback about what we do well and where we could improve.

To provide feedback:

- Speak with nursing staff
- Ask to speak to senior nursing staff on the ward
- Contact Patient Feedback Services on 4433 1074 or via email at THHS-Feedback@health.qld.gov.au