

Why should I care about trying to prevent an ileus?

- An ileus can cause you pain or discomfort
- You may have nausea or vomiting. An ileus can increase your risk for lung problems
- Some patients may have to go to the Emergency Department or be re-admitted to the hospital for their ileus

That sounds serious!

What can I do to prevent this?



For additional information regarding this informational pamphlet, please contact us at:

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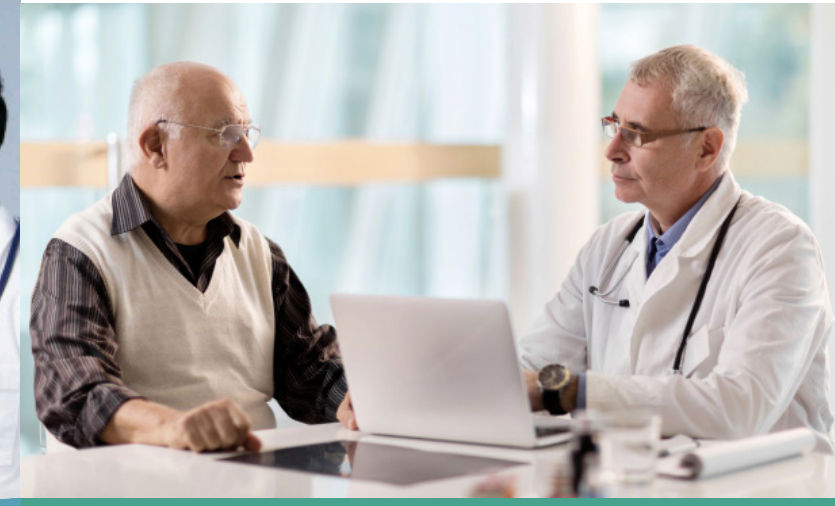
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You and your doctor decided on surgery for your care.

- As with any surgery, there are potential complications
- You and your doctor may have already discussed erectile dysfunction and incontinence
- One problem that can make you return to the hospital is an ileus

What is ileus?

- Ileus is severe constipation
- It is when you cannot pass gas or have a bowel movement
- Ileus is a common problem after surgery

Why may ileus be related to my surgery?

- The intestines can go to sleep after abdominal or pelvic surgery
- Narcotic (opioid) pain medication can make ileus worse

Preventing ILEUS:

A common reason for an unplanned return to the hospital

Your doctor may want you to eat a SOFT or CLEAR diet before surgery

SOFT DIET

YES	NO
White/plain bread, pasta, rice	Multi-grain/brown pasta, rice
Skinless fresh fruit	Seeded dried fruit
Cooked vegetables	Raw and gas forming vegetables
Low fat milk, cheese, yogurt	Whole or regular milk products

CLEAR DIET

YES	NO
Water (Plain, flavored)	Dark carbonated beverages
Juice (Pulpless apple or white-grape)	Pulp or vegetable juices
Colorless gelatin/Jell-O	Solid food
Clear, fat-free broth	Dairy products

On the day OF surgery:

Before surgery

Do not eat or drink anything unless directed by your doctor or nurse.

After surgery

Walk around and try to pass gas.

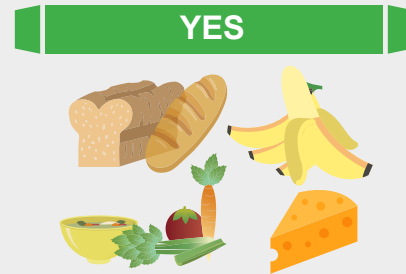
The day AFTER surgery:

Try to get up every 2 hours to walk around. Walking around may help you pass gas.

When home with your catheter (if appropriate)

Continue to walk around, care for your catheter (if appropriate), and follow a small portion soft diet.

When you're home, for the next 30 days:



- Gradually build your diet from small to normal portions.
- Follow a soft diet until regular bowel movements return.

- Stay active. Continue walking, but avoid strenuous, weight bearing exercise.



- If sitting for longer than 1 hour, take a short walk at least once per hour while you are awake.



CAUTION



What will it look like if I have an ileus?

- If you develop an ileus, you will most likely be very bloated/constipated and have a lot of abdominal and pelvic pain/discomfort.
- You may not be able to pass gas or have difficulty passing a bowel movement.



Get Help!

When should I call someone?
Severe pain, fever, chills, nausea, vomiting, inability to keep down food and water

Who should I call?
My doctor's office

What should I do if I cannot reach anyone?
Seek care in an emergency department or urgent care