



# Colon Surgery for Colon Mass

## How to avoid Colon Cancer?

- Avoid Processed foods and simple sugars (bread, pasta, potatoes, fries, candy, cakes, rice)
- Eat healthy whole sources of carbohydrates: honey, fruits, vegetables
- Eat healthy whole sources of protein: beef steak, chicken, turkey, fish, shrimp
- Exercise to build muscle mass& strength
- Boosts immune system to kill cancer
- Boosts bone marrow, heart and lung health to tolerate chemotherapy
- Prevents insulin resistance/diabetes which prevents cancer

## How is Colon surgery performed?

- Usually by 4 small incisions – laparoscopic or robotic – rarely a larger midline incision is used
- A small lower incision like a C-section is used to remove the colon
- The two ends of the colon left are usually connected by stitches or staples
- Rarely the colon is brought up as an ostomy. If this happens, it will be temporary
- If an ostomy is made, you will be taught how to care for it and given supplies
- Maintaining a healthy weight increases the chances of not having a bag



## How to prepare for Colon Surgery?

- You will be given liquid bottles to clean your colon
- You will be instructed to start a clear liquid diet 2 days before surgery.

No solid food

- You will be instructed to take oral antibiotics 1 day before surgery
- Nothing to eat after midnight before the surgery
- Avoid smoking and drinking alcohol before surgery

## How to prepare after the Colon Surgery?

You will stay on a full liquid diet for 2 weeks and then low fiber soft diet for 2 months  
Avoid indigestible fiber vegetables like celery, brussels sprouts, broccoli, spinach leaves  
You can take fiber powder twice per day (Metamucil, Psyllium) to prevent constipation  
You may use a sponge bath; remove the C-section dressing after 7 days – then shower  
No submerging the wound under water x 2 weeks  
No lifting >10 lbs or 8 weeks

For pain control:

- Take prescription pain medication, walk plenty
- Take Ibuprofen 600mg three times daily and Tylenol 3g maximum per day
- Use heat pad to help alleviate wound discomfort.

You may be given a blood thinner. Take this for 28 days total after surgery.