



# Colon Surgery for Diverticulosis

## What is Diverticulosis?

Pockets of colon that bulge out like bubble wrap.

These are weak and can rupture after filling with stool and bacteria

This can lead to an infection requiring antibiotics, drainage or even emergent surgery

Removing the diseased colon may prevent a repeat episode

## What causes Diverticulosis?

A diet high in processed foods and simple carbohydrates

This poisons and weakens the walls of the colon

A diet low in fiber results in constipation

This causes stool and gas to build and pressurize the colon, leading to the bulging

Overweight or Obese body also inflames the colon and leads to colon bulging.

## 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.