

**GREEN ZONE: ALL CLEAR**

*My symptoms are under control*

- My temperature is less than 101.5 degrees.
- There is only mild redness or bruising around my incision.
- I am eating and drinking at least small amounts.
- I am having some diarrhea or constipation.
- I have pain, but it has not increased.



**Keep up the good work!**

**GREEN ZONE MEANS:**

- Do not worry, it is normal for your bowel habits to not be regular after bowel surgery.
- Take stool softeners for constipation.
- Continue to walk but rest when needed.
- **DO NOT** smoke or drink alcoholic beverages as these can slow your healing.
- Eat healthy, small meals multiple times per day. Avoid soda pop as it will cause gas and bloating.
- Use over the counter Gas X or simethicone for mild gas pains or bloating issues.

**YELLOW ZONE: CAUTION**

- I am short of breath.
- I have a fever 101.5 degrees, have chills, or night sweats.
- I have redness, swelling or discharge around my wound.
- I have excessive diarrhea or can't have a bowel movement.
- I have persistent nausea or vomiting.
- My pain is not controlled.
- My surgical wound is pulling apart.
- I am feeling confused or cannot think clearly.



**Step up treatment!**

**YELLOW ZONE MEANS:**

- You need to speak with a medical professional about your symptoms.
- Please call your surgeon first if the office is open. If the office is closed, call the Consulting Nurse line.

Surgeon \_\_\_\_\_

Phone Number \_\_\_\_\_

Office hours \_\_\_\_\_

- MultiCare Consulting Nurse:  
253.792.6300

**RED ZONE: MEDICAL ALERT**

- I can't catch my breath.
- I am having chest pain.
- I am bleeding a lot and/or am passing heavy blood clots with my stool.
- I am extremely light-headed or have passed out.



**Get help now!**

**RED ZONE MEANS:**

**YOU NEED TO CALL**

**911 NOW!**

