TEM: Transanal Endoscopic Microsurgery  
TAMIS: Transanal Minimally Invasive Surgery

TEM is a special technique to remove tumors throughout the rectum. TEM provides magnified vision and superior optics.

TAMIS is a special technique to remove tumors from the upper part of the rectum. TAMIS provides magnified vision and superior optics.

Bowel Prep

Follow these steps to clean your bowel before surgery. Please note that “Clear” means no sediment, it does not mean colorless.

2 days before surgery, eat breakfast but then drink only clear liquids.

- Water  
- Clear Jell-O® (no fruit in it) homemade from box only  
- Popsicles  
- Water or soda  
- Broth or bouillon  
- Crystal Light®

- Juice with no pulp (apple, grape, no orange)  
- Hard candy  
- Weak coffee or tea, no creamer – sugar is OK  
- Gatorade® or other clear sports drinks  
- Gatorade® Recover 3 (14 grams of protein)  
- No alcohol or dairy products

Try to drink at least one bottle of Gatorade® Recover 3 each day for 2 days before surgery. Mix GoLYTELY® with warm drinking water to top of line on bottle and shake. It will be clear. Do not add flavor to this. Store this in the refrigerator. Use within 48 hours. Okay to add Crystal Light® powder mix to flavor each glass.

1 day before surgery, drink only clear liquids all day.

- 9am: Take 4 bisacodyl tablets with water. Do not chew or crush. Do not take within 1 hour of taking an antacid or other morning medicine. It is okay to do this step earlier in the day.

- As soon as you have a bowel movement, start to drink the GoLYTELY®. Drink 1 8oz glass every 10 minutes until half the bottle is gone – or your stools are clear. If you see sandy particles in the toilet water, drink a cup at a time until they are gone and it looks clear. Do not sip slowly. It works better if you drink quickly.

- 1 hour after you finish the GoLYTELY®, take the 1st dose of antibiotics.
• **3-4 hours later**, take the 2nd dose of antibiotics.

• At **10 pm**, take the last dose of antibiotics.

You should keep drinking clear liquids until bedtime. Shower before going to bed.

**Morning of surgery** (at least 1 hour before leaving home)

• Give yourself a Fleets® phosphate enema. Shower again.

Note: You may feel some cramps in your lower abdomen while drinking the GoLYTELY®. If you have steady stomach pain, get light-headed and dizzy, do not have any bowel movements at all or can’t drink the GoLYTELY®, call the clinic at **608-890-5000**. This is a 24 hour number.

After hours and on weekends ask for the doctor on call or for Dr. _______________________. Tell them your problem.

Toll free number: **1-855-342-9900**

**Do not take any of your scheduled medicines for 1 hour before or after drinking the bowel prep as they will not be absorbed.**

**After Surgery**

**Rectal Care**

1. Take a sitz bath at least three to four times a day and after each bowel movement for two days and then as needed for comfort. A sitz bath is sitting in warm water to decrease pain and spasms. You can use a portable sitz bath that fits on your toilet or sit in the bathtub. Sit in the water for at least 10 – 20 minutes.

2. For the first few days, after a bowel movement gently clean with warm water. You may want to use **baby wipes**.

3. You may have yellowish-red drainage from the rectum for at least 7 – 14 days. **Sanitary pads** in your underwear can prevent soiling. The drainage will become less and become lighter in color over time. You can expect more bloody drainage after a bowel movement, with increased activity, and after 10 days when the sutures begin to dissolve.
Activities
- Do not lift more than 20 pounds until it is okayed by your doctor.
- Change your position from sitting, standing and lying as needed for comfort.
- Do not drive while taking narcotic pain pills.
- Sexual activity may be resumed when okayed by your doctor.
- Talk with your doctor before you return to work. Your time off depends on what you do.

Pain
At first, you will feel pressure rather than pain. Or you may feel like you need to get to the bathroom fast. This is normal and will improve with time. You will have pain pills if needed.

Diet after Surgery
Plan to eat a low fiber diet for the first few weeks with stool softeners (docusate sodium). Refer to chart on the last page. This will help to avoid bulky stool stretching the incision. After 2 – 3 weeks, you may increase the fiber in your diet. This can include a bulk fiber laxative like Metamucil®. Your doctor will talk to you about your diet.

Be sure to drink at least 8-10 (8 oz.) glasses of fluid a day. Fluids with caffeine do not count.

When to Call the Doctor
- Problems having a bowel movement
- Unable to control bowel movements
- Increased pain and bleeding with bowel movements
- Large amounts of bright red blood that does not stop with pressure applied to the area for 10 minutes
- Temperature greater than 100.4°F. Take your temperature once a day for 1 week
- Foul-smelling drainage
- Excess swelling
- Pain not controlled by pain pills
- Problems passing urine

Phone Numbers

Digestive Health Center: (608) 890-5000  Monday – Friday, 8am – 5pm

After hours, weekends or holidays this number will be answered by the paging operator. Ask for the doctor on call for Dr. ________________. Leave your name and phone number with area code. The doctor will call you back.

If you live out of the area, call (855) 342-9900.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2015 University of Wisconsin Hospitals & Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7002
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Foods Recommended</th>
<th>Foods to Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads, Grains, Pastas, Rice</td>
<td>White breads, rolls, biscuits, muffins, and crackers without seeds and nuts, White Rice, White Pasta</td>
<td>Bread or pasta made with whole grains or bran. Any product made with seeds, dried fruit, coconut, or nuts. Brown rice, Wild rice. Check food labels and avoid any products with more than 2 grams of fiber per serving.</td>
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<tr>
<td>Cereals</td>
<td>Check labels on cereal boxes and choose cereals with less than 1 grams of fiber/serving, such as corn flakes or rice krispies. Refined cooked cereals limited to ½ cup servings: cream of wheat, farina, and quick cooking oatmeal.</td>
<td>Whole grain or bran cereals. All cereal with more than 1 gram fiber per serving. Granola, Cereal bars</td>
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<tr>
<td>Fruits: ½ c servings</td>
<td>Apples and apricots peeled, Avocado ripe, Banana (1/2), ripe Cherries, sweet Mandarin oranges, Melons, Peaches peeled</td>
<td>Dried fruits, All other fruits that are high in fiber such as all berries, dates, figs, pears, whole oranges, prunes.</td>
</tr>
<tr>
<td>Vegetables: fresh, frozen, or canned- ½ c servings</td>
<td>Asparagus tips, cooked, Carrots, cooked, Cucumber, peeled and seeded, Lettuce, tender leaf lettuce, Potatoes, peeled and cooked, Sweet potatoes, cooked, Winter squash, cooked, Zucchini, peeled and seeded</td>
<td>All others</td>
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<tr>
<td>Beans and Lentils</td>
<td></td>
<td>Beans: kidney, garbanzo, black, navy, and pinto beans. Soy beans, Lentils</td>
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<tr>
<td>Meats, Poultry, Fish</td>
<td>Tender meats, poultry and fish that are cooked.</td>
<td>Meat, poultry, fish that are fried. Tough meats/meats with gristle. Meat products made with whole grains, nuts, or seeds such as some sausages or lunch meats. Soy meat substitutes such as Boca burgers.</td>
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<tr>
<td>Eggs</td>
<td>Eggs, cooked in any way</td>
<td></td>
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<tr>
<td>Dairy</td>
<td>Milk, cheese, yogurt, sour cream, and any dairy products as tolerated.</td>
<td>Dairy products with added nuts, seeds, or fruits.</td>
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<tr>
<td>Beverages</td>
<td>Coffee and tea, Cocoa, Carbonated beverages, Fruit juices without pulp (except prune juice)</td>
<td>Prune juice. Smoothies made with fruits or grains</td>
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<tr>
<td>Fats</td>
<td>Butter and margarine, Vegetable oil, Olive oil, Meat gravies. Salad dressings made without fruits, nuts, or seeds</td>
<td>Any fats or salad dressings with added fruits, dried fruits, seeds, or nuts.</td>
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<tr>
<td>Desserts and Sweets</td>
<td>Sugar, honey, molasses, Jelly, Sherbet, frozen yogurt, ice cream, popsicles without fruits, seeds, or nuts. Cookies, pastries, pies, puddings, custards, and candy without fruit, seeds, or nuts.</td>
<td>Jams, preserves, and marmalade. Any made with fruit, dried fruit, nuts, seeds, or coconut.</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Salt, pepper, ketchup, mustard, vinegar, herbs, &amp; spices as tolerated, Cream sauces, Smooth peanut butter/nut butters, limited to 1 T. / serving</td>
<td>Nuts, seeds, Olives, Pickles. Soups, casseroles &amp; all mixed dishes made with high fiber fruits, vegetables, or grains.</td>
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