

## Transanal Resection

A transanal resection is surgery done through the anal canal to remove tissue.

There will be a bowel prep that will need to be completed prior to surgery. This may be clear liquids to using a laxative such as magnesium citrate to a 2-4 liter solution to clean the intestines of stool.

The bowel prep will be tailed to your anal or rectal problem and to your overall health.

### After Surgery

#### Rectal Care

- Take a sitz bath at least three to four times a day and after each bowel movement for the first 2 days and then as needed. A sitz bath is sitting in warm water to soothe your rectum. You can use a plastic device that fits on your toilet or sit in the bathtub. This helps healing and lessens pain and rectal spasms. Sit in the water for at least 10-20 minutes.
- For the first few days, clean the rectum after a bowel movement by spraying it with warm water. You may want to use **baby wipes** to gently clean the rectum.

- You may have yellowish-red drainage from the rectum for 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 about 10 days after surgery when the stitches begin to dissolve.

### Activities

- Do not lift more than 20 pounds until it is okayed by your doctor.
- Do not drive while taking narcotic pain pills.
- Sexual activity may be resumed when okayed by your doctor.
- Check with your doctor before you return to work. The time you may be off work may be longer if your job involves heavy labor or sitting for long periods of time.

### Pain

It is normal to have pressure rather than pain after surgery. Or you may feel like you need to quickly get to the bathroom. You may have pain with your first bowel movement. This will improve as you heal. You will have pain pills to take if needed.

## Diet

You may be on a low fiber diet for the first few weeks with **stool softeners** (docusate sodium) as needed. This will avoid bulky stool stretching the incision. After 2 – 3 weeks, you may increase the amount of fiber in your diet. This may 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

- If you do not have a bowel movement within 1-2 days, you may need a laxative.
- Unable to control bowel movements.
- Large amounts of bright red blood from the rectum that does not stop with applied pressure to the rectum For 10 minutes.

- Temperature greater than 100.4° F., take your temperature once a day for 1 week.
- Foul-smelling drainage from rectum.
- Excess swelling in or around the rectum.
- Pain not controlled by pain pills.
- Problems passing urine.

## Phone Numbers

**Digestive Health Center: (608) 890-5000**

**After hours, weekends or holidays** this number will be answered by the paging operator. Ask for the doctor on call or ask for \_\_\_\_\_.  
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 © 11/2016 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4754.

## Low Fiber Diet

Food Group	Foods Recommended	Foods to Avoid
Breads, Grains, Pastas, Rice	White breads, rolls, biscuits, muffins, and crackers without seeds and nuts, White Rice, White Pasta	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.
Cereals	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.	Whole grain or bran cereals. All cereal with more than 1 gram fiber per serving. Granola, Cereal bars
Fruits: ½c servings	Apples and apricots peeled, Avocado ripe, Banana (1/2 ), ripe Cherries, sweet Mandarin oranges, Melons, Peaches peeled	Dried fruits, All other fruits that are high in fiber such as all berries, dates, figs, pears, whole oranges, prunes.
Vegetables: fresh, frozen, or canned- ½ c. servings	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	All others
Beans and Lentils		Beans: kidney, garbanzo, black, navy, and pinto beans. Soy beans, Lentils
Meats, Poultry, Fish	Tender meats, poultry and fish that are cooked.	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.
Eggs	Eggs, cooked in any way	
Dairy	Milk, cheese, yogurt, sour cream, and any dairy products as tolerated.	Dairy products with added nuts, seeds, or fruits.
Beverages	Coffee and tea, Cocoa, Carbonated beverages, Fruit juices without pulp (except prune juice)	Prune juice. Smoothies made with fruits or grains
Fats	Butter and margarine, Vegetable oil, Olive oil, Meat gravies. Salad dressings made without fruits, nuts, or seeds	Any fats or salad dressings with added fruits, dried fruits, seeds, or nuts.
Desserts and Sweets	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.	Jams, preserves, and marmalade. Any made with fruit, dried fruit, nuts, seeds, or coconut.
Miscellaneous	Salt, pepper, ketchup, mustard, vinegar, herbs, & spices as tolerated, Cream sauces, Smooth peanut butter/nut butters, limited to 1 T. / serving	Nuts, seeds, Olives, Pickles. Soups, casseroles & all mixed dishes made with high fiber fruits, vegetables, or grains.