

## Transanal Endoscopic Microsurgery (TEM) or Transanal Minimally Invasive Surgery (TAMIS)

Micro-surgery removes or repairs small body parts with special small tools. Doctors use a microscope to see the area better.

**TEM** removes tumors throughout the rectum.

**TAMIS** surgery removes tumors from the upper part of the rectum.

You will need to do a bowel prep to get ready for surgery. With your help we will choose a bowel prep that works best for you. We will give you printed instructions to follow.

### After Surgery

#### Rectal Care

1. Take a sitz bath three to four times a day for two days. Then, as needed for comfort and after each bowel movement. A sitz bath is sitting in warm water to decrease pain and spasms. You can use a sitz bath that fits on your toilet or sit in a bathtub. Sit and relax in the water for 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 be lighter in color with time. Expect bloody drainage after a bowel movement, with activity, and when the stitches dissolve (in 10 days).

### Activities

- Do not lift more than 20 pounds until it is okayed by your doctor.
- Change positions from sitting, to standing and lying down as needed for comfort.
- Do not drive while taking narcotic pain pills.
- Your doctor will talk with you when it is safe to resume sex.
- Talk with your doctor before going back to work.

### Pain

At first, you will feel pressure and not pain. Or you may feel like you need to get to the bathroom fast. This is normal and will get better with time. Take pain pills if needed.

### Diet After Surgery

Plan to eat a low fiber diet for the first few weeks with **stool softeners** (docusate sodium). See chart on last page. This helps prevent stretching of 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 will not stop with pressure applied to the area for 10 minutes.

- Temp greater than 100.4° F. Take your temp every day for 1 week.
- Foul-smelling drainage.
- Excess swelling.
- Pain not controlled by pain pills.
- Problems passing urine.

#### **Phone Numbers**

**Digestive Health Center: 608-242-2800 or Toll Free 1-855-342-9900**

**After hours, weekends and holidays:** Ask for the doctor on call for **Dr. \_\_\_\_\_**.

Leave your name and phone number with area code. We will call you back.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 © 1/2019 University of Wisconsin Hospitals & Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7002

## Low Fiber Diet

Food Group	Foods to Eat	Foods to not Eat
Breads, Grains, Pastas, Rice	White breads, rolls, biscuits, muffins, and crackers with no seeds or nuts, white rice, white pasta	Bread or pasta made with whole grains or bran. Any product with seeds, dried fruit, coconut, or nuts. Brown or wild rice. Read food labels. Avoid foods with more than 2 grams of fiber per serving.
Cereals	Read labels. Choose cereals with less than 1 gram of fiber/serving. Corn flakes and rice krispies are okay. Cooked cereals: limit to ½ cup servings: cream of wheat, farina, and quick cooking oatmeal are okay.	Whole grain or bran cereals. No cereal with more than 1 gram fiber per serving. No granola or cereal bars.
Fruits: ½ c servings	Apples and apricots peeled, avocado ripe, banana (1/2), ripe cherries, sweet mandarin oranges, melons, peaches peeled.	Dried fruits, no berries, dates, figs, pears, whole oranges, prunes
Vegetables: fresh, frozen, or canned- ½ c. servings	Cooked, peeled and seeded: asparagus tips, carrots, cucumber, lettuce, tender leaf lettuce, potatoes, sweet potatoes, winter squash, zucchini.	All others
Beans and Lentils	None	Beans: kidney, garbanzo, black, navy, and pinto beans. Soy beans, lentils
Meats, Poultry, Fish	Cooked: tender meats, poultry and fish	Fried: Meats, poultry and fish. 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 (no 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	Fats or salad dressings with 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.