

Discharge Instructions: Transanal Endoscopic Microsurgery (TEM) or Transanal Minimally Invasive Surgery (TAMIS)

What To Expect

Following your procedure, you may have:

- pain or discomfort in your rectal area
- difficulty controlling your stool
- difficulty urinating: If you are unable to urinate on your own, a bladder catheter will be placed and remain in place for a few days. You will return to the clinic to have the catheter removed.
- rectal bleeding: A small amount of bleeding is common following rectal surgery. A sanitary napkin or gauze may be worn over the anal opening to keep the underclothing clean. If you have heavy bleeding and are passing clots, or you are bleeding for a long time, call the GI Surgery Clinic.
- a feeling of pressure or mild pain/discomfort in your rectal area. Or you may feel like you need to get to the bathroom fast. This is normal and will get better with time.

Don't worry if you have some bleeding, discharge, or itching during your recovery. This is normal.

Restrictions

- Avoid strenuous activity or straining for 1 week after your procedure.
- Avoid blood thinning medications such as aspirin, ibuprofen (Motrin®, Aleve®), and anticoagulants (warfarin/Coumadin®, apixaban/Eliquis®, rivaroxaban/Xarelto®) until your doctor tells you to start them again, or gives you other instructions.

Comfort

- Take sitz baths 2 times a day and after each bowel movement if you have any discomfort. 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.

Diet

- Avoid constipation. You will be discharged with a stool softener. Take this medication as prescribed to help prevent constipation.
- Be sure to drink at least 8 (8 ounce) glasses of water every day. Follow a low fiber diet for the first week following surgery.

Call Us If...

- you have a fever of **100.4°F (38°C) or higher**
- you have problems having a bowel movement
- you are unable to control your bowel movements
- you have increase in your pain or bleeding with bowel movements
- you have large amounts of bright red blood not associated with bowel movements, or if you have multiple episodes of bleeding
- your pain is not controlled by your prescribed pain medication
- you have trouble passing urine

Where to Call

- If you have any questions/concerns, please call the GI Center at **716-845-4010**. After hours, your call will be answered by a triage nurse. You may also call Roswell Park 24/7 at **716-845-2300**.
- If you live a distance from Roswell Park or need immediate treatment, report immediately to the nearest hospital emergency room and notify your Roswell Park physician as soon as possible.
- If you feel you are in a life-threatening situation, call **9-1-1** immediately.

Follow Up Care

- Follow up with your surgeon is generally within 2 weeks. At that visit, any findings from surgery will be discussed. Any questions or problems can be discussed at that visit, or you can call the office sooner if needed.

Questions or Concerns

- If you have any questions or concerns, please contact the GI clinic at **716-845-4005**. You can also reach Roswell 24/7 at **716-845-2300**.