

## **Center for Colon & Rectal Health, Inc.**

1203 Langhorne-Newtown Road, Suite 130, Langhorne, PA 19047  
Phone 215-741-4910 / Fax 215-741-4394

### **TRANSANAL ENDOSCOPIC MICROSURGERY POSTOPERATIVE INSTRUCTIONS**

You have just undergone a transanal endoscopic microsurgery (TEMS).

Some rectal bleeding is to be expected after this procedure. A good judge of whether bleeding is significant would be whether or not you can see the bottom of the bowl. If you cannot see the bottom of the bowl, please call our office immediately.

You have been given a prescription for pain medication. Anal pain is not uncommon after this procedure, but is usually short-lived. A warm Sitz bath or tub soak can relieve some of the pain. Stool softeners should be taken daily. We recommend taking any one of the following stool softeners for four weeks after your surgery:

- Miralax - one capful (17 grams) in liquid of choice daily
- Colace or generic stool softener (100 mg.) - one pill twice a day
- Fiber such as Konsyl or Benefiber - daily per instructions on bottle

In order to perform the procedure, the anal sphincter muscle (used to control your bowels) was dilated and fully anesthetized. You may lack some sensation initially, and for a few days may have control issues not present prior to surgery. These typically are short-lived, but if they persist beyond a week, call our office for advice.

At the end of your surgery, a packing may have been placed made out of a gelatinous material soaked in numbing medicine. This should either dissolve or pass with the first bowel movement, but should not be a cause for alarm. If there are any questions, please contact our office.

The specimen removed should be considered A TOTAL BIOPSY. This means that if the pathology indicates a more formal abdominal surgery needs to be performed, you will be contacted by your surgeon to discuss this operation.

We should see you back in our office two to three weeks after your procedure to see how you are healing. Please contact the office for an appointment.

If you have any questions, please call our office and one of our staff will be happy to speak with you.