

## Colorectal Department

# Hartmann's procedure

### What is a Hartmann's procedure?

Hartmann's procedure is an operation performed on the bowel.

Hartmann's procedure involves removing a section of the large bowel (lower colon). An opening is made in the left side of the abdomen to form a new opening for bowel contents (faeces).

This is known as a colostomy. It is sometimes called a 'stoma'. The top of the rectum is sealed off inside and is often described as a 'rectal stump'.

This means that the rectum and anus are avoided, but the rest of the colon will still function as normal.

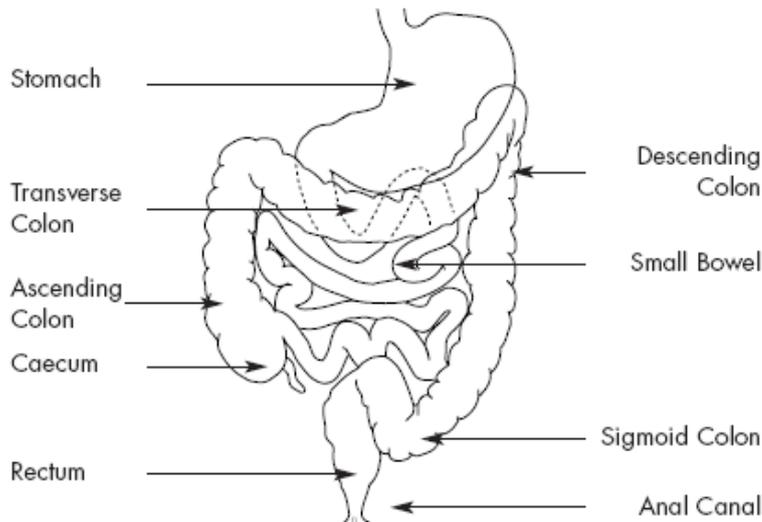
The colostomy may be either temporary or permanent. This depends on the reason for your operation and general health. Your surgeon will discuss this with you.

The operation involves having a general anaesthetic. It usually takes about two hours. The length of your stay in hospital depends on you achieving pre-set goals as you recover. These will be explained to you beforehand.

Sometimes this type of operation must be carried out as an emergency.



## Patient Information



### Why do I need this operation?

A section of the large bowel (sigmoid colon) has been damaged by disease or injury. The section involved needs to be removed.

It may be carried out for cancer or a polyp. It's also carried out for a condition called diverticular disease.

### Temporary colostomies

Your surgeon will tell you when you can have further surgery to re-join the bowel if your colostomy is temporary.

This will depend on your individual circumstances and general health. But you can usually expect to have your colostomy for at least six months. The operation is called Reversal of Hartmann's procedure.

### Stoma care

The Colorectal Clinical Nurse Specialist will teach you how to look after the stoma. The nurse will begin teaching you when you are feeling better and able to concentrate. This is usually within a few days of surgery.

Whilst you are learning, the ward staff will also support and assist you with how to care for the stoma.

There is more information available in the booklet that is specifically about colostomy care.

### **What happens to my back passage?**

Although the rectum and anus have been bypassed, you will still experience the urge to go to the toilet in the normal way from time to time.

It is quite normal to pass a clear jelly-like substance (mucus) from your bottom. Occasionally, this may be discoloured.

Sometimes poo may still be present in the rectal stump, and you may experience a normal bowel movement.

If you are worried in any way or find the mucus troublesome, please contact your specialist nurse. They will help and advise you.

### **After the operation**

When you wake up after the operation you will have several tubes attached to you:

- A drip (intravenous fluids) will be in your arm through a small tube called a cannula. This allows fluid to be given to you continuously.
- Pain relief will be given either through a device called a PCA (Patient Controlled Analgesia) through a cannula in your arm, or through a small tube into your back called an epidural.
- A flexible tube called a catheter will be in place into your bladder. This will drain your pee (urine) into a bag.
- A drainage tube may be in your abdomen. Occasionally the surgeon may feel it's needed to insert a drain near to the wound. This allows wounds to heal quickly and cleanly.

The ward nurses will remove these tubes within a few days of the operation as you recover.

### **Complications of surgery**

For all patients undergoing bowel surgery, there are risks involved. You may be at an increased risk of wound infection if your surgery has been carried out as an emergency.

## Patient Information

Please discuss the risks of surgery with your surgeon. They will be able to give specific information about your individual risk.

After any major operation there is a risk of chest infection, wound infection, and thrombosis. While you are in hospital the ward staff will take steps to prevent these happening to you.

### **Chest infection**

You can help by practising deep breathing exercises and following the instructions of the physiotherapist.

### **Wound infection**

The risk of this is increased with bowel surgery. Antibiotics will be given to you through the drip to help prevent this.

You can help by eating a diet rich in protein and vitamins as soon as you are able to.

### **Thrombosis**

This is due to changes in your circulation during and after surgery.

A small dose of a blood thinning drug will be injected daily until you are walking around. You can help by moving around as much as you are able, and by exercising your legs whilst in the chair or in bed.

You will also be given some support stockings to wear for the duration of your stay in hospital.

Your surgeon will discuss all risks of surgery with you before you are admitted to hospital.

## Patient Information

### **Diet and nutrition**

Most people who have had bowel surgery are worried about what they will be allowed or able to eat after the operation. Your surgeon will tell you when you can start eating again.

Eat light, easy to digest foods like jelly, ice cream and soup to start with.

Once you can eat light foods without problems, you can return to a normal diet.

It is important to try and put the weight back on that you may have lost during your illness. For healing on both the inside and outside of your body to take place, nutrients and vitamins from your food are needed.

Whilst you are in hospital the ward staff can arrange for a dietitian to come and see you, if you would like this please ask.

Please ask your colorectal clinical nurse specialist about diet if you are concerned.

For further information or if you have any concerns please contact:

### **Colorectal Clinical Nurse Specialists (CNS)**

Michelle Hicken, Helen Taylor, Sarah Thompson, Hannah Davies, Caroline Ling, Deepa Phillips

**Telephone 024 7696 5825**

### **Local services**

<b>Service</b>	<b>Location</b>	<b>Phone number</b>
Age UK Coventry Age UK Warwickshire		024 7623 1999 01926 458100
Bowel Screening Unit		01788545166/667737
Cancer Information Centre	Main Entrance UHCW	024 7696 6052

## Patient Information

Health Information Centre	Main Entrance UHCW	024 7696 6051
Coventry Macmillan Care Team	Hospital Community	024 7696 5498 024 7623 7001
Rugby Macmillan Care Team.	Community	01788 555119
GUT (Cancer Support Group for Coventry & Warwickshire)		024 7696 6475
Chaplaincy (Hospital)	Hospital	024 7696 7515
Bowel Clinical Trials Nurse	Hospital	024 7696 7151
Specialist Genetic Nurse	Hospital	024 7696 4000
Surgical Counselling Service	Hospital	024 7696 6188
Oncology Counselling Service	Hospital	024 7696 7290
Complimentary Therapies	Hospital	024 7696 7290
Psychosexual Therapy	Hospital	024 7696 7290
Citizens Advice Bureau	Coventry  Rugby	024 7625 2050 (Appointments only) 0844 855 2322
Coventry Carers Centre	Support for carers	024 7663 2972
Guideposts Trust	Support for carers	024 7638 5888

## Patient Information

### Also available at University Hospital:

Physiotherapy, Occupational Therapy, Dietitian Service, Social Services

### National contact numbers

Service	Website or phone number
Association of Coloproctology for Great Britain and Ireland	<a href="https://www.acpgbi.org.uk/">https://www.acpgbi.org.uk/</a>
Beating Bowel Cancer	020 8892 5256 <a href="http://www.beatingbowelcancer.org">www.beatingbowelcancer.org</a>
Benefit Enquiry Line	Freephone 0800 882200
National Cancer Institute (American)	<a href="http://www.cancer.gov">www.cancer.gov</a>
Bowel Cancer UK	020 7381 9711
Colostomy Association	0800 328 4257 <a href="http://www.colostomyassociation.org.uk/">www.colostomyassociation.org.uk/</a>
CORE (The Digestive Disorders Foundation)	020 7486 0341 <a href="http://www.corecharity.org.uk">www.corecharity.org.uk</a>
The Ileostomy & Internal Pouch Support Group (IA)	0800 018 4724 <a href="http://www.the-ia.org.uk">www.the-ia.org.uk</a>
Macmillan Cancer Support	0808 808 0000 <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>
Marie Curie Cancer Care	0800 716 146 <a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a>

## Patient Information

This booklet has been developed using existing patient information, valuable suggestions from patients, and contributions from health care professionals.

Thelma Cluett and Claire Jackson  
Produced courtesy of Dansac Limited

**Freephone 0800 581117**

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