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 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 bypassed, 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 has to be carried out as an emergency.
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.
Patient Information

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 a number of 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.
Patient Information

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.

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.
Patient Information

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

**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 it is alright to start eating again.

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

Once you are able to 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

<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
<th>Phone number</th>
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<tbody>
<tr>
<td>Age UK Coventry</td>
<td></td>
<td>024 7623 1999</td>
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<tr>
<td>Age UK Warwickshire</td>
<td></td>
<td>01926 458100</td>
</tr>
<tr>
<td>Bowel Screening Unit</td>
<td></td>
<td>01788 545166/667737</td>
</tr>
<tr>
<td>Cancer Information Centre</td>
<td>Main Entrance UHCW</td>
<td>024 7696 6052</td>
</tr>
<tr>
<td>Health Information Centre</td>
<td>Main Entrance UHCW</td>
<td>024 7696 6051</td>
</tr>
<tr>
<td>Coventry Macmillan Care Team</td>
<td>Hospital Community</td>
<td>024 7696 5498</td>
</tr>
<tr>
<td></td>
<td></td>
<td>024 7623 7001</td>
</tr>
<tr>
<td>Rugby Macmillan Care Team.</td>
<td>Community</td>
<td>01788 555119</td>
</tr>
<tr>
<td>GUT (Cancer Support Group for Coventry &amp; Warwickshire)</td>
<td></td>
<td>024 7696 6475</td>
</tr>
<tr>
<td>Chaplaincy (Hospital)</td>
<td>Hospital</td>
<td>024 7696 7515</td>
</tr>
<tr>
<td>Bowel Clinical Trials Nurse</td>
<td>Hospital</td>
<td>024 7696 7151</td>
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<tr>
<td>Specialist Genetic Nurse</td>
<td>Hospital</td>
<td>024 7696 4000</td>
</tr>
<tr>
<td>Surgical Counselling Service</td>
<td>Hospital</td>
<td>024 7696 6188</td>
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<tr>
<td>Oncology Counselling Service</td>
<td>Hospital</td>
<td>024 7696 7290</td>
</tr>
<tr>
<td>Complimentary Therapies</td>
<td>Hospital</td>
<td>024 7696 7290</td>
</tr>
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Patient Information

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<thead>
<tr>
<th>Psychosexual Therapy</th>
<th>Hospital</th>
<th>024 7696 7290</th>
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<tbody>
<tr>
<td>Citizens Advice Bureau</td>
<td>Coventry</td>
<td>024 7625 2050 (Appointments only) 0844 855 2322</td>
</tr>
<tr>
<td>Coventry Carers Centre</td>
<td>Support for carers</td>
<td>024 7663 2972</td>
</tr>
<tr>
<td>Guideposts Trust</td>
<td>Support for carers</td>
<td>024 7638 5888</td>
</tr>
</tbody>
</table>

**Also available at University Hospital:**
Physiotherapy, Occupational Therapy, Dietitian Service, Social Services

**National contact numbers**

<table>
<thead>
<tr>
<th>Service</th>
<th>Website or phone number</th>
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</thead>
<tbody>
<tr>
<td>Association of Coloproctology for Great Britain and Ireland</td>
<td><a href="https://www.acpgbi.org.uk/">https://www.acpgbi.org.uk/</a></td>
</tr>
<tr>
<td>Beating Bowel Cancer</td>
<td>020 8892 5256 <a href="http://www.beatingbowelcancer.org">www.beatingbowelcancer.org</a></td>
</tr>
<tr>
<td>Benefit Enquiry Line</td>
<td>Freephone 0800 882200</td>
</tr>
<tr>
<td>National Cancer Institute (American)</td>
<td><a href="http://www.cancer.gov">www.cancer.gov</a></td>
</tr>
<tr>
<td>Bowel Cancer UK</td>
<td>020 7381 9711</td>
</tr>
<tr>
<td>Colostomy Association</td>
<td>0800 328 4257 <a href="http://www.colostomyassociation.org.uk">www.colostomyassociation.org.uk</a></td>
</tr>
<tr>
<td>CORE (The Digestive Disorders Foundation)</td>
<td>020 7486 0341 <a href="http://www.corecharity.org.uk">www.corecharity.org.uk</a></td>
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Patient Information

The Ileostomy & Internal Pouch Support Group (IA) 0800 018 4724
www.the-ia.org.uk

Macmillan Cancer Support 0808 808 0000
www.macmillan.org.uk

Marie Curie Cancer Care 0800 716 146
www.mariecurie.org.uk

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

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5617 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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www.uhcw.nhs.uk/feedback