



Trans Anal Minimally Invasive Surgery (TAMIS): aftercare advice

Information for patients from Day Surgery

You have had Trans Anal Minimally Invasive Surgery (TAMIS). The following advice is to help you understand what you should do and expect in the days and weeks following your surgery.

When you get home and for the first few days after your surgery

- Arrange for someone to collect you from hospital and look after you for the first 24 hours.
- You must rest for 24 to 48 hours after your operation.
- If you have had a general anaesthetic, avoid drinking alcohol, smoking, or taking sleeping tablets for 24 hours after your operation.
- If you have had a general anaesthetic, do not drive, cook, or operate any machinery for 24 to 48 hours after your operation.

What are the risks to having this procedure?

- **Bleeding:** you may experience a bit of bleeding from the site for up to two days following your surgery. It almost always stops by itself without further surgery. Occasionally if this bleeding continues and shows no signs of stopping it may become necessary to stop the bleeding by carrying out another minor operation.
- **Pelvic inflammation/infection:** the raw area in your rectum, where the polyp has been removed, can lead to inflammation around your back passage. This is usually treated with a course of antibiotics and hospital observation, and rarely causes problems. Once discharged from hospital, if you suffer any of the following: marked pain in your lower abdomen, back passage, or lower back, or you feel generally unwell, you should either see your GP or contact the hospital as soon as possible, as these can be signs of an infection developing.
- **Incontinence:** you may experience slight staining in your underwear and seepage of mucus for a few days after your operation and at home. This is not uncommon and is due to the gentle stretching of the tail end (anus) during your operation. This almost always comes back to normal without any treatment.



What happens after my operation? How will I feel?

You will be given antibiotics for five days after your operation to reduce your risk of infection.

After the operation you may feel some rectal discomfort but you should not feel any pain unless the polyp that we removed was very near the anus itself. If you do experience any pain or discomfort, please let the nurses know so that they can give you painkillers to take home.

A little bit of bleeding is not unusual for the first few days after your operation. This should not be greater than a little spotting, which is probably most noticeable when having your bowels open for the first time.

It is very important to avoid constipation by drinking plenty of fluid and eating enough fibre in your diet. You may wish to soften your stools with Lactulose; this is a mild laxative. Lactulose may be prescribed by the hospital and given to you before you leave hospital or it can be bought over the counter at the chemist.

Following your operation, rectal function may be somewhat disturbed but this should settle over the next few weeks. Because of the size of the instrument that is used during the operation, your anal sphincter muscles may be stretched and this may lead to some leakage or incontinence. You may wish to wear a pad for protection until normal continence resumes, as it does in virtually all cases.

When can I resume my normal activities?

Once discharged from hospital you may resume your normal activities as soon as you feel able.

You can have sex as soon as it feels comfortable to do so.

When can I return to work?

We advise you not to work for two weeks after your surgery. If you need a certificate for work, please ask a member of staff before you leave hospital.

When can I drive again?

We advise you not to drive in the first week following your surgery, some people need a little longer though. It is important that you are comfortable and able to concentrate clearly. Please check with your insurance company before you drive again, as some policies carry restrictions that vary from individual companies.

Do not drive yourself home from hospital after your surgery. Please arrange for someone to collect you from hospital and take you home.

What if I have any questions or concerns after my surgery?

When you return home, if you notice any of the following symptoms please contact the colorectal clinical nurse specialists (CNS) via the Cancer Care Line on 01227 86 86 66 for advice.

- Persistent nausea and vomiting
- High temperature
- Increased abdominal pain
- Persistent bleeding from your rectum.

Further information

We have listed the main support associations, together with other useful sources of information. Remember that, although the internet carries a lot of material, not all of it is particularly helpful. For the correct information, you should speak to your specialist nurse, who could also give you information about any local support groups.

- **Guts UK**
Telephone: 0207 48 60 341
Email: info@gutscharity.org.uk
Web: gutscharity.org.uk/
- **Colostomy UK**
Telephone: 0800 32 84 257
Email: info@colostomyuk.org
Web: www.colostomyuk.org/
- **Crohn's and Colitis UK**
Telephone: 0300 22 25 700
Web: www.crohnsandcolitis.org.uk/
- **Macmillan Cancer Support**
Cancerline: 0808 80 80 000
Web: www.macmillan.org.uk
- **Bowel Cancer UK**
Telephone: 0207 94 01 760
Email: admin@bowelcanceruk.org.uk
Web: www.bowelcanceruk.org.uk/

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation