

## Patient information

# Hartmann's procedure

### Introduction/procedure

This leaflet tells you about the operation known as an Hartmann's procedure.

### What is an Hartmann's procedure?

A Hartmann's procedure is a type of surgical operation which is performed for several bowel problems including cancer and diverticular disease. Surgery involves removing the affected section of the bowel and creating an alternative path for faeces to be passed. Once the affected part of the colon has been removed, the healthy end of the large bowel is brought to the surface of the abdomen to form a stoma (an opening in the bowel). This type of stoma is called a colostomy and may be temporary or permanent. The non-functioning end of the bowel is usually sealed closed inside the abdomen. Occasionally the non-functioning end may be brought to the skin surface to drain, this is called a mucous fistula.

### What are the benefits of this procedure?

The operation is to remove the diseased bowel. In most cases this will give you the best chance of a cure or significant improvement in your bowel problems. Your surgeon will discuss this with you in more detail.

### What are the risks of this procedure?

Removing part of the bowel is a major operation. As with any surgery there are risks with the operation. Risks associated with Hartmann's include:

- **Ileus (paralysis of the bowel) and small bowel obstruction**

Sometimes the bowel is slow to start working after surgery (ileus) or can be obstructed.

If this happens the bowel may need to be rested and a drip (a tube into a vein in your arm) is used to replace fluids (instead of drinking). In addition, you may need a nasogastric tube (tube in your nose which passes into your stomach) which in most cases will prevent vomiting. These will remain in place until the bowel recovers.

Sometimes if the bowel is obstructed a further operation may be required.

- **Stoma (colostomy) complications**

Rarely there may be problems with the stoma. Your surgeon and colorectal/stoma nurse will review your stoma regularly.

**After any major operation there is a risk of:**

- **Chest infection**

You can help to prevent this by practising deep breathing exercises and following the instructions of the physiotherapist. **If you smoke, we strongly advise you to stop.**

- **Wound infection**

The risk of this is increased with bowel surgery. Antibiotics will usually be given through a drip to help reduce the risk of this happening.

- **Thrombosis (blood clot in the leg)**

Major surgery carries a risk of clot formation in the leg. A small dose of a blood thinning medication will be injected once or twice daily until you go home. You can help by moving around as much as you are able and, in particular, regularly exercising your legs. You will also be fitted with some support stockings for the duration of your stay in hospital. If you smoke, we strongly advise you to stop.

- **Pulmonary embolism (blood clot in the lungs)**

Rarely a blood clot from the leg can break off, and become lodged in the lungs.

- **Bleeding**

A blood transfusion may be needed. Very rarely, further surgery may be required.

- **Sexual function**

Occasionally, operation on the rectum can cause damage to nerves connected to the sexual organs.

If there is any damage, men may not be able to maintain an erection, and may have problems with ejaculation.

Some women may also suffer problems, such as pain when having sex. If you do have problems, talk to your doctor or specialist nurse.

- **Risk of life:**

Surgery for bowel cancer/diverticular disease is classified as major surgery. It can carry a risk of your life. Your surgeon will discuss this risk with you.

Most people will not experience any serious complications from their surgery. However, risks do increase with age and for those who already have heart, chest or other medical conditions such as diabetes or if you are overweight or smoke.

- **What are the alternatives?**

Doing nothing is very likely to lead to further worsening of your health. Depending upon what is wrong, you may develop a blockage of the bowel, leakage from the bowel into the abdomen or an abscess, all of which can be life threatening. If you have cancer, the longer it remains, it is more likely to spread and become incurable.

For most of the conditions where this surgery is advised the only alternative is medical treatment with drugs. Where there is a cancer of the bowel, drug treatment alone will not cure the disease. For other conditions surgery is usually advised when medical treatment has failed to control the symptoms. Your surgeon will discuss any queries you may have.

## **Treatment/surgery**

### **Before the operation**

While you are waiting for your operation, it is important you try to prepare yourself physically. If you are able, try and eat a well-balanced diet including: meat, fruit and vegetables. Take gentle exercise such as walking and get plenty of fresh air. If you smoke, we strongly advise you to stop.

## When you come into hospital

In preparation for the operation you will be given 2 phosphate enemas, which will help to clear the bowel.

You will be given fluids only during this time. It is important that you drink plenty to reduce the risk of dehydration.

You will not be allowed **anything** to eat for 6 hours before surgery. You will be advised when to stop drinking water (2 to 6 hours before surgery). This is to allow the stomach to empty to prevent vomiting during the operation. However, any important medication will be given with a small amount of water.

Pain relief will be discussed with you by your anaesthetist. You may be given analgesia (painkillers) through an epidural (tube in your back) or through a drip in your arm in the form of a PCA (patient controlled analgesia) hand held pump. This means you control the amount of painkiller you require. If you would like to talk about this further, or require information in another language, please ask the ward staff to contact one of the pain management nurses.

A nurse will take you to theatre. Your operation will usually take between 2 and 4 hours.

## After care/discharge advice

- **Recovering from your operation**

After your operation you will be encouraged to start moving about as soon as possible – usually you will be sitting out of bed the following day. This is an important part of your recovery. It is important to maintain regular leg movements and deep breathing exercises. It is also important that you wear the special stockings that have been provided for you, to help reduce the possible risk of blood clots.

An intravenous infusion (drip) will replace your body fluids until you are able to eat and drink again. Sometimes, a nasogastric tube (a fine tube that passes down your nose into your stomach) may be in place. This allows any fluid to be drained to help reduce sickness. It is usually removed within 48 hours.

A catheter, which is a small soft tube, is usually put into your bladder and urine is drained into a collecting bag to accurately monitor your urine and save you from having to get up to pass urine. This is usually removed within a week. It may sometimes be necessary to have a drainable tube near to your wound.

- **Bowel movements**

Due to your bowel being handled during your operation it may be slow to start working again. You are likely to be told to start taking fluids slowly as tolerated. This will gradually increase until you are able to eat a light diet.

You should then be able to eat and drink normally.

Your stoma will usually start to make sounds after 2 or 3 days and you may have a bowel movement after 4 to 5 days.

However, if this does not happen you should not be too worried. Bowel movements are different from one person to another.

- **Pain control**

Pain control will have been discussed with you before your operation. There are different types of pain-relieving drugs that are very effective. If you still suffer from pain, it is important to let a doctor or nurse looking after you know as soon as possible so that they can review your medication. After some types of bowel surgery, it may be uncomfortable to sit down for a long time, but this should ease gradually as your wound begins to heal. Your specialist team will do everything they can to make your recovery as pain-free as possible.

- **Results**

A piece of your bowel will have been removed during your operation and sent to the laboratory for testing. The results of these tests should be available before you leave hospital – usually within 7 – 10 days of your operation. A member of your specialist team will talk to you about your results and any other treatment that you may need.

- **Wound**

There will be a dressing over your incision on return to the ward. You will also have a dressing over your rectal wound. You will be advised when/if your stitches need to be removed (usually 10 days after the operation).

- **Wound infection**

Wound infection is an uncommon complication of surgery. Do avoid touching the wound site to reduce the risk of a wound infection. After the operation your wound may be a bit red and sore initially but should quickly improve. If it becomes

increasingly red, swollen, hot, and painful or discharges fluid, you may have developed an infection. You will then need to contact your GP for advice as to whether you need antibiotics.

- **Colostomy**

There will be a large bag over your new stoma which may contain some blood stained fluid. This is quite normal and the nursing staff will be able to observe your stoma through the bag.

- **How long will I be in hospital**

You are likely to be in hospital for approximately 5 days but this will depend on the speed of your recovery and your home circumstances. It is important that you are able to manage the care of your stoma before you go home.

- **What should I do when I go home**

You will be given painkillers to take home from hospital. It will also help if you support your wound when coughing.

With regards to your wound it is safe to have a bath/shower when you go home and it is important to keep your rectal wound clean.

The specialist nurses will give you detailed information about how to care for your stoma and will be able to advise you on diet and assessing further supplies of bags, etc.

You are advised not to drive for 6 weeks and then only if you are able to apply the brake in an emergency.

You should avoid any activity which involves heavy lifting for about 6 weeks.

Normal sexual relations can be resumed whenever you feel comfortable.

You will receive an outpatient appointment to see the surgeon in 8-10 weeks.

## **More 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 local support groups.

## Useful addresses

### **Digestive Disorders Foundation (CORE)**

3 St Andrew's Place, London NW1 4LB

(please send SAE)

Website: [www.digestivedisorders.org.uk](http://www.digestivedisorders.org.uk)

### **Colostomy Association**

P O Box 8017

Reading, RG6 9DF

Phone: 0800 587 6744

E-mail: [cass@colostomyassociation.org.uk](mailto:cass@colostomyassociation.org.uk)

Website: [www.colostomyassociation.org.uk](http://www.colostomyassociation.org.uk)

### **National Association for Colitis & Crohn's Disease (NACC)**

4 Beaumont House, Sutton Road

St Albans, Herts, AL1 5HH

Phone: 0845 130 2233/01727 844296

Fax: 01727 862550

E-mail: [nacc@nacc.org.uk](mailto:nacc@nacc.org.uk)

Website: [www.nacc.org.uk](http://www.nacc.org.uk)

### **Macmillan Cancer Relief**

89 Albert Embankment, London SE1 7UQ

Cancerline: 0808 808 2020

Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Cancerbackup**

3 Bath Place, Rivington Street

London EC2A 3JR

Phone: 0808 800 1234

Fax: 020 7696 9002

Website: [www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

Cancerbackup have produced the following booklets which you may find useful:

- Large bowel (colon and rectum)
- Chemotherapy
- Radiotherapy
- Sexuality
- Diet

### **Bowel Cancer UK**

7 Rickett Street, London SW6 1RU

Phone: 08708 506050

E-mail: [advisory@bowelcanceruk.org.uk](mailto:advisory@bowelcanceruk.org.uk)

Website: [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

## **Beating Bowel Cancer**

39 Crown Road, St Margarets

Twickenham, TW1 3EJ

Phone: 020 8892 5256

E-mail: [info@beatingbowelcancer.org](mailto:info@beatingbowelcancer.org)

## **Questions you would like to ask**

Please use this page to make any notes that you think will help you when you speak to your specialist team. You may also want to keep a note book for when you think of any extra questions.

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## **For further information please contact:**

Senior Colorectal Nurse Specialist

Colorectal/Stoma Nurse Specialist

Colorectal/Stoma Nurse Specialist

Telephone: 01284 712697

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