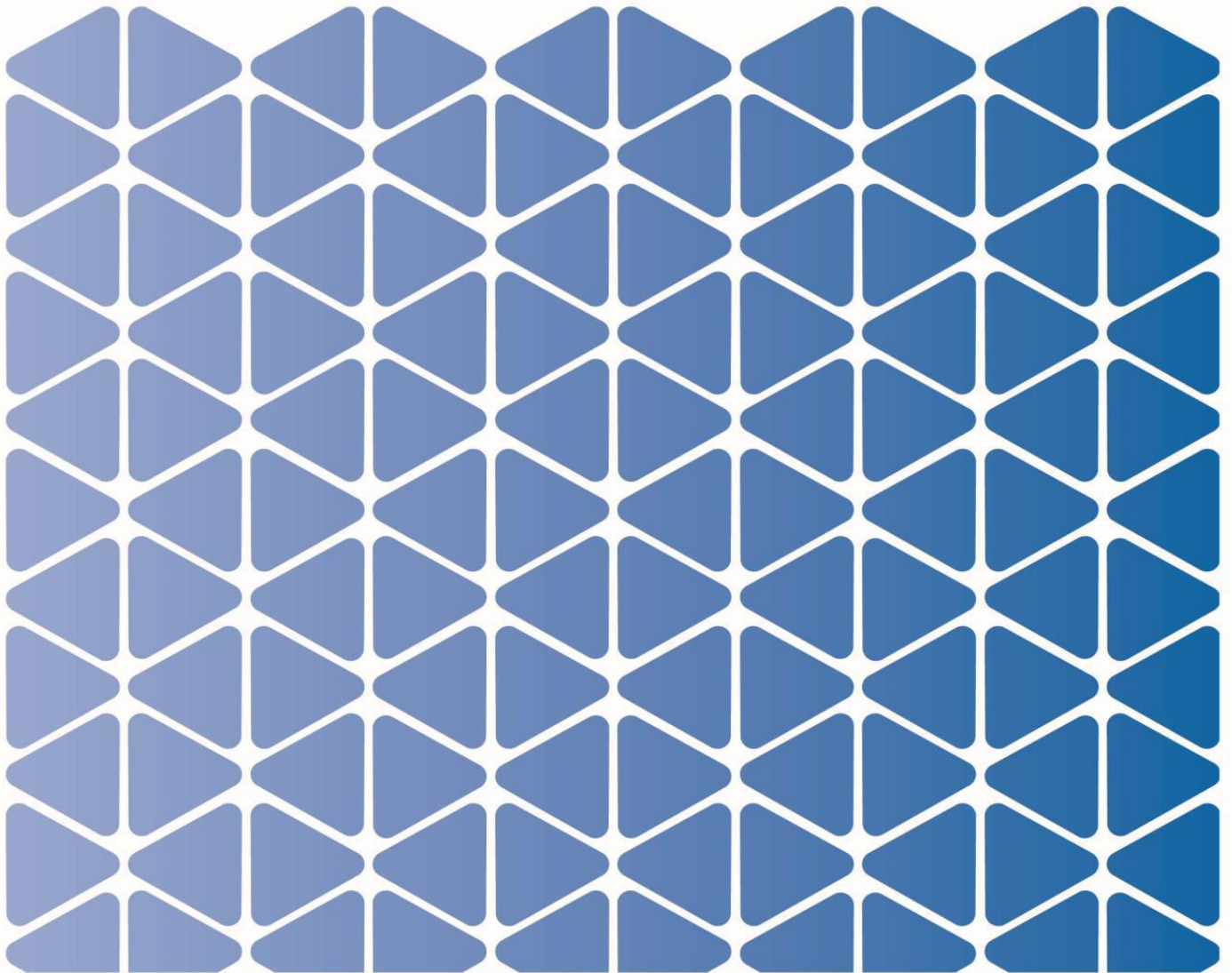




PATIENT INFORMATION

# ENHANCED RECOVERY PATIENT DIARY



## Day One

### Bowels

- I have passed wind Yes  No
- I have had a bowel movement Yes  No

### Pain and Nausea

- My pain is well controlled Yes  No
- I feel nauseous Yes  No
- I have vomited Yes  No

### Sitting and Walking

- I have sat out of bed Yes  No
- I have walked to the toilet Yes  No
- I have walked the around the ward Yes  No

## Day Two

### Bowels

- I have passed wind Yes  No
- I have had a bowel movement Yes  No

### Pain and Nausea

- My pain is well controlled Yes  No
- I feel nauseous Yes  No
- I have vomited Yes  No

### Sitting and Walking

- I have sat out of bed Yes  No
- I have walked to the toilet Yes  No
- I have walked the around the ward Yes  No

## Day Three

### Bowels

- I have passed wind Yes  No
- I have had a bowel movement Yes  No

### Pain and Nausea

- My pain is well controlled Yes  No
- I feel nauseous Yes  No
- I have vomited Yes  No

### Sitting and Walking

- I have sat out of bed Yes  No
- I have walked to the toilet Yes  No
- I have walked the around the ward Yes  No

## Day Four

### Bowels

- I have passed wind Yes  No
- I have had a bowel movement Yes  No

### Pain and Nausea

- My pain is well controlled Yes  No
- I feel nauseous Yes  No
- I have vomited Yes  No

### Sitting and Walking

- I have sat out of bed Yes  No
- I have walked to the toilet Yes  No
- I have walked the around the ward Yes  No

## Day Five

### Bowels

- I have passed wind Yes  No
- I have had a bowel movement Yes  No

### Pain and Nausea

- My pain is well controlled Yes  No
- I feel nauseous Yes  No
- I have vomited Yes  No

### Sitting and Walking

- I have sat out of bed Yes  No
- I have walked to the toilet Yes  No
- I have walked the around the ward Yes  No

## Day Six

### Bowels

- I have passed wind Yes  No
- I have had a bowel movement Yes  No

### Pain and Nausea

- My pain is well controlled Yes  No
- I feel nauseous Yes  No
- I have vomited Yes  No

### Sitting and Walking

- I have sat out of bed Yes  No
- I have walked to the toilet Yes  No
- I have walked the around the ward Yes  No

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**