Abdomino-Perineal Excision of Rectum

Patient Information
Patient Information Sheet

Abdomino-Perineal Excision of the Rectum

This leaflet has been designed to help you to understand what to expect when you are having an operation on your large bowel.

What is the Large Bowel (Colon)

The food that we eat travels from the mouth to the stomach where digestion begins. It then travels into the small bowel (ileum) where the nutrients are absorbed and the waste that is left moves into the large bowel (colon). The main function of the large bowel (colon) is to store waste until we need to go to the toilet. The rectum is the very last part of the large bowel (colon). You can live a normal life with part or all of your large bowel (colon) removed.

Abdomino-Perineal Excision of the Rectum

Your Surgeon will have discussed with you why you need to have this operation.

This operation is usually performed by laparoscopic method (keyhole surgery). Sometimes it may be necessary to be performed by laparotomy (open procedure). Your Surgeon and Specialist Nurse will provide you with more information.

The operation involves removing the rectum and anal canal. The anus area (back passage) is sewn closed.

Part of the left side of the large bowel (colon) is brought out onto the surface of the abdominal wall, this is called a Colostomy. Your Specialist Nurse will discuss this with you in more detail with the aid of diagrams.
The area marked by the arrow gives an indication of where in the abdomen (tummy) the bowel is to be removed.

**The benefits of surgery**

The main benefits are to remove that part of the large bowel (colon) affected by disease and to relieve any symptoms you may be experiencing.

Your Surgeon will discuss with you your individual benefits from having this operation.

**Are there any alternatives to surgery?**

Your Surgeon will discuss with you the various treatment options that may be available to you, depending upon your underlying condition.

Surgery is usually recommended as the last treatment option, if all medical treatment has failed or if you have developed a life threatening condition.

**The risks of surgery**

This type of operation is classed as major surgery and as with any form of surgery, carries risks (including risk to life). Your Surgeon will discuss with you in more detail your individual risks.

All operations carry a risk from anaesthetics but this is minimised due to modern techniques. You will meet the anaesthetist prior to your surgery who will explain in more detail, the type of anaesthetic you will receive and any individual specific risks. Listed below are the minor and major risks due to surgery and hospitalisation.
Minor risks - these risks are common
Urine infection
Chest infection
Wound infection
Nausea and vomiting
Paralytic Ileus (This is when the bowel temporarily stops working and is unable to absorb fluids/foods)

Major risks – these risks are rare
Deep Vein Thrombosis (DVT) - blood clot in the leg
Pulmonary Thrombosis (PE) - blood clot in the lung
Post-operative haemorrhage - bleeding in the abdomen
Wound Dehiscence - abdominal wound opens
Perineal Wound Dehiscence - perineal wound opens
Abdominal Collection - abscess in the abdomen
Injury to bladder
Injury to the pelvic nerves that supply sexual function
Injury to other organs such as liver or spleen

Before and after your operation you will meet a number of healthcare professionals e.g. Physiotherapist, Anaesthetist, Pre-Assessment Nurse, Specialist Nurse, Surgeon. Their overall aim is to minimise any of the above risks from occurring and to promote self care and recovery, in order to reduce the time you need to spend in hospital.

Formation of a Colostomy

To create a Colostomy, the Surgeon makes an opening in the abdominal wall. The large bowel (colon) is then brought out through that opening and stitched onto your abdomen (tummy). You will pass your bowel waste through the Colostomy and it is collected into a pouch (bag) which sticks onto your abdomen (tummy).

Before your operation the Specialist Nurse will mark your abdomen with a skin marker pen, this is known as Siting. This is to guide your surgeon to the best possible place to bring out the Colostomy.

Your Specialist Nurse will provide more information about a Colostomy.
Before the operation

You will be seen in the Enhanced Recovery Pre-Assessment (ERP) Clinic one to two weeks before your operation, where routine blood tests and an ECG (tracing of the heart) will be carried out. If any further tests are required the Pre-Assessment Nurse will discuss this with you.

You are usually admitted the day of your operation.

With this operation you will normally require bowel preparation to clear out the large bowel (colon). More information will be provided about this.

You must drink plenty of fluids (water, juice or tea/coffee).

The Pre-Assessment Nurse will tell you when to stop drinking, as you need to be Nil by Mouth prior to the operation.

After the operation you may go to the Critical Care Unit for your initial recovery. This may be for 24 to 48 hours.

Contact numbers should you require further information:

Colorectal Nurse Specialist

0191 4820000 Bleep 2041
(Monday to Friday 9.00am – 5pm)
Voicemail 0191 4451350 (messages picked up Mon-Fri 9.00am-4.30pm only)

Stoma Care Nurse Specialist

0191 4820000 bleep 2059/3098
(Monday to Friday 9.00am – 5pm)
Voicemail 0191 4451352 (messages picked up Mon-Fri 9.00am-4.30pm only)

Out of hours

Critical Care Unit – 0191 4452008 or 4452007
Ward 27 (Level 2 Peter Smith Surgery Centre) – 0191 4453044 or 4453005
Ward 9 - 0191 4452009
Ward 10 - 0191 4452010

Addresses of support groups that may be of use to you:
Beating Bowel Cancer

Harlequin House
7 High Street
Teddington
Middlesex
TW11 8EE

Tel 08450 719 300

info@beatingbowelcancer.org
www.beatingbowelcancer.org

Crohns and Colitis UK

4 Beaumont House
Sutton Road
St Albans
Hertfordshire
AL1 5HH

Tel 01727 844296

www.crohnsandcolitis.org.uk

Colostomy Association

2 London Court
East Street
Reading
RG1 4QL

Tel 0118 9391537 or
Freephone 0800 3284257

Email cass@colostomyassociation.org.uk
Acknowledgements:

Diagram referenced to  Dansac Ltd
James Hall
St Ives Business Park
Parsons Green
Cambridgeshire

**Data Protection**

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

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**This leaflet can be made available in other languages and formats upon request**