# My Planned Care Patient Information Platform

**NHS**
**Wirral University Teaching Hospital**
**NHS Foundation Trust**

## Surgical Division – Colorectal Surgery
## REVERSAL HARTMANNS

### Introduction

Your Colorectal / General Surgeon has decided it is now appropriate to have a Reversal Hartmann's. Hartmann's procedure involves removing a piece of large bowel (colon), the two ends of bowel were not joined because your surgeon decided the risks were too high. Your surgeon has decided it is now safe to join the two ends of your bowel back together. You will be provided with a written information leaflet that details your specific surgery when you attend the Outpatients Department.

### Guidance for Patients

During the Hartmann's procedure your surgeon made a colostomy (your large bowel opening onto your skin). The benefit of Reversal Hartmann's surgery is that you should be able to open your bowels and you should no longer have a stoma bag.

### Are there alternatives to surgery?

You can choose whether or not to have surgery, and your doctor should explain to you the risks and benefits of your decision.

You may choose to continue to have the colostomy. In this case, your bowel will continue to open onto your skin, and you will need to carry on using a stoma bag.

### What can I do to help make the operation a success?

- Stopping smoking to reduce risk of developing complications and will improve your long-term health.
- Try to maintain a healthy weight, you have a higher risk of developing complications if you are overweight.
- Regular exercise should help prepare you for the operation, help you to recover and improve your long term health.

### What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please contact your GP or NHS 111 for medical review in the first instance**. Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Colorectal / General Surgery team to discuss their findings in more detail and determine a management plan.

### Contact Us

Admission Date                 Please contact The General Surgery Admissions Team 01514827903

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The contents of this information has been reviewed and approved by the Clinical Advisory Group of Wirral University Teaching Hospital.