Abstract

General anesthesia can inhibit intestinal motor activity, which can lead to postoperative gastrointestinal complications. Monitoring the time to return of intestinal peristalsis is crucial for detecting the recovery of digestive function in patients. The purpose of this study was to determine the time to onset of intestinal peristalsis in post-general anesthesia patients at Toto Kabila Regional Hospital based on age, gender, type of procedure, duration of procedure, and type of anesthesia. This quantitative descriptive study involved 32 respondents selected using a purposive sampling technique. Data collection was conducted through direct observation of bowel sounds periodically postoperatively using a stethoscope. Data were analyzed univariately The results showed that the majority of respondents were aged 20-39 years (53.3%), female (56.3%), undergoing major surgery (62.5%), with a surgical duration of approximately 120 minutes (43.8%). The fastest onset of intestinal peristalsis (approximately 30 minutes) was dominant in patients aged 20-39 years (21.9%), short surgery (approximately 45 minutes) (18.8%), and inhalation anesthesia (31.3%). In contrast, the slowest recovery (approximately 180 minutes) occurred in patients aged 40-59 years (31%) and with a long surgical duration of approximately 150 minutes (6.3%). The conclusion of this study is that the return of intestinal peristalsis after general anesthesia varies, with gastrointestinal recovery time being faster in younger patients, those with shorter surgical durations, and those using inhalation anesthesia. Therefore, healthcare professionals are advised to monitor bowel sounds more intensively and regularly, especially in elderly patients with long surgical durations.

Keywords: general anesthesia, intestinal peristalsis, postoperative