




# Gynecology-Oncology Surgery Enhanced Recovery CareMap

## How to prepare and what to expect during your hospital stay

The steps in this CareMap are for your healing, comfort, and safety.

Before Surgery Day	Surgery Day	
<p><b>Clinic Visit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meet with your surgeon and other care team members. Learn what to expect before, during, and after surgery.</li> <li><input type="checkbox"/> Sign consent papers.</li> <li><input type="checkbox"/> Talk with your nurse about this CareMap.</li> <li><input type="checkbox"/> Talk with your nurse about your nutritional supplement and where to buy it.</li> </ul> <p><b>Starting 7 Days Before Surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stop taking aspirin or other medications that can thin your blood.</li> </ul> <p><b>Starting 5 Days Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eat your regular diet.</li> <li><input type="checkbox"/> Drink your immunonutrition supplement drink 3 times a day. If you have diabetes, drink 1/2 serving 6 times a day.</li> </ul> <p><b>1-3 Days Before Surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Receive a call from the hospital with your assigned arrival time.</li> <li><input type="checkbox"/> If instructed by your surgeon, begin a bowel prep and take oral antibiotics.</li> </ul> <p><b>Night Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a shower with the antibacterial soap that you were prescribed.</li> <li><input type="checkbox"/> Before midnight, drink 8 ounces of apple juice.</li> <li><input type="checkbox"/> Do not eat any solid foods or drink alcohol after midnight the night before surgery.</li> </ul> <div style="text-align: right;">   </div>	<p><b>Before You Leave Home</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take another shower with the antibacterial soap that was prescribed.</li> <li><input type="checkbox"/> You may drink clear liquids until 2 hours before your scheduled arrival time.</li> <li><input type="checkbox"/> Drink 8 ounces of apple juice when you arrive at the parking garage at UWMC.</li> </ul> <p><b>At the Hospital</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> At your assigned arrival time, check in at Surgery Registration on the 2nd floor of the Surgery Pavilion.</li> <li><input type="checkbox"/> A nurse will call you to come to the Pre-Op area.</li> <li><input type="checkbox"/> An IV tube will be placed in your arm to give you fluids and medications.</li> <li><input type="checkbox"/> An Anesthesiologist will talk with you about the anesthesia (sleeping medication) you will receive during surgery.</li> <li><input type="checkbox"/> You will receive medications by mouth for pain and to prevent nausea.</li> <li><input type="checkbox"/> Wraps will be placed on your legs to help with blood flow.</li> <li><input type="checkbox"/> You will be given a heating blanket to keep you warm, improve healing, and lower the risk of infection. Keep the blanket on, even if you feel warm enough.</li> <li><input type="checkbox"/> Your Surgical Team will meet with you to review your surgical plan and to answer any questions.</li> <li><input type="checkbox"/> The Anesthesiology Team will take you to the operating room for surgery.</li> </ul>	<p><b>After Surgery, You Will:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wake up in the recovery area</li> <li><input type="checkbox"/> Be moved to a bed in a hospital unit</li> </ul> <p><b>You Will Have:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> An IV in your arm to give you fluids and medications</li> <li><input type="checkbox"/> Compression devices on your legs to help with blood flow</li> <li><input type="checkbox"/> A Foley catheter (tube) in your bladder to drain urine (this will be removed the day after surgery)</li> </ul> <div style="text-align: right;">  </div> <p><b>Your Nurse Will:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take your vital signs</li> <li><input type="checkbox"/> Help you sit up on the side of your bed</li> <li><input type="checkbox"/> Teach you how to use your incentive spirometer and remind you to use it 10 times each hour every day during your hospital stay to keep fluid out of your lungs</li> <li><input type="checkbox"/> Answer any questions you have about your pain medications</li> </ul>

## Day 1

### Medications

- Medication you received during surgery will help your pain for 72 to 96 hours. You will receive pain pills as needed.
- You may receive medication to help your nausea so that you can eat.

### Diet

- Receive fluids through your IV until you start drinking liquids by mouth.
- Eat solid foods if you do not have nausea or bloating.
- Drink 2 servings of immunonutrition drink to help you heal.

### Activity

- A Physical Therapist (PT) may assess you.
- An Occupational Therapist (OT) may assess you.
- Do not get out of bed without help from a PT, nurse, or patient care technician.
- Aim to walk 3 to 4 times in the hall. Your goal is to walk 9 laps of the unit and be out of bed for 8 hours.
- Use your incentive spirometer 10 times each hour

- Sit in a chair for all of your meals.



### Bathing

- Sponge bath



### Planning

- Ask to meet with a social worker if you need support or resources to take care of yourself after discharge.



## Day 2 - Day 3, Until Discharge

### Medications

- Take pain medications as needed.
- Your doctor will prescribe medications to help you have a bowel movement.
- You may be given medication to help prevent blood clots.

### Diet

- Eat a regular diet.
- Drink 2 servings of immunonutrition drink each day to help you heal more quickly.
- Sit in a chair for all of your meals.

### Activity

- Aim to walk 3 to 4 times in the hall. Your goal is to walk 18 laps of the unit and be out of bed for 8 hours. The more you move, the faster you will heal.



### Bathing

- Day 2: Sponge bath or shower
- Day 3: Shower



### On Discharge Day

- Shower and dress in your own clothes by 9 a.m.
- Before you go home, a pharmacist or nurse will review your discharge medications with you.

## At Home

### Medications

- Taper your pain medications, taking them only as needed.
- Take the medications you were prescribed to help you have bowel movements.
- If you are prescribed a medication to prevent blood clots, take it every day for 28 days, or as prescribed.

### Diet

- Eat a regular, healthy diet.
- Drink plenty of water to stay hydrated. This is very important for your recovery.

### Activity

- Keep being active. Walk at least 1 mile every day.

### Activity Restrictions

#### For 6 weeks:

- Do not lift, push, or pull anything that weighs more than 10 pounds.
- Do not take a bath, sit in a hot tub, or go swimming.

#### For 10 weeks:

- Do not put anything into your vagina. You cannot use tampons, douche, or have sexual intercourse.

### Bathing

- Use your regular soap to shower. Let water gently run over your incision area.
- Pat dry with a clean towel.

### Visits

- Make sure you have a follow-up visit within 2-6 weeks after surgery.

### Contact Information:

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