


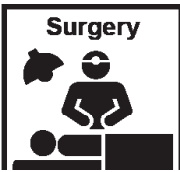
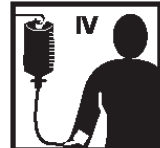





Before Surgery Day	Surgery Day	After Surgery
<p><b>4 to 6 Weeks Before</b></p> <p><b>At clinic visit:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Review this CareMap with provider.</li> <li><input type="checkbox"/> Sign consent for surgery.</li> <li><input type="checkbox"/> Find out if you can go home the same day as your hysterectomy.</li> </ul> <p><b>Consults:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Set up consult pre-op clinic visit, if needed.</li> <li><input type="checkbox"/> Talk about pros and cons of removing ovaries.</li> <li><input type="checkbox"/> Set up consult with fertility specialist, if wanted.</li> </ul> <p><b>Night Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a shower and follow these steps:               <ol style="list-style-type: none"> <li>1. Shower and shampoo with your usual soap.</li> <li>2. Rinse well.</li> <li>3. Pour ½ bottle of chlorhexadine on a clean, wet washcloth.</li> <li>4. TURN SHOWER OFF.</li> <li>5. Using the washcloth, wash from your shoulders to your knees, including groin creases, but NOT your private parts.</li> <li>6. Leave soap on skin for 1 minute.</li> <li>7. Rinse well.</li> </ol> </li> <li><input type="checkbox"/> <b>Before midnight:</b> Drink 8 ounces of apple juice.</li> <li><input type="checkbox"/> <b>Starting 6 hours before your surgery:</b> Do not eat anything. You may drink clear liquids until 4 hours before surgery.</li> </ul>	<p><b>Before you leave home:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take another shower. Follow the steps under “Day before surgery.” </li> <li><input type="checkbox"/> Starting 4 hours before surgery, do not drink anything EXCEPT:               <ul style="list-style-type: none"> <li>- Right after you park at the hospital, drink one 8-ounce bottle of apple juice. </li> </ul> </li> </ul> <p><b>At the hospital:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> An IV will be placed in your arm to give you fluids, antibiotics, and pain medicine. </li> <li><input type="checkbox"/> You will be given a heating blanket to keep you warm.</li> <li><input type="checkbox"/> Leg wraps called <i>sequential compression devices</i> (SCDs) will be placed on your lower legs to help with blood flow.</li> <li><input type="checkbox"/> You will be given <i>general anesthesia</i> (medicine to make you sleep).</li> <li><input type="checkbox"/> After you are asleep, you will have a <i>Foley catheter</i> placed in your bladder to drain urine.</li> </ul> <div style="text-align: center;"></div>	<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"/> Have an IV in your arm to give you fluids. </li> <li><input type="checkbox"/> Receive pain medicines by IV, then by mouth.</li> <li><input type="checkbox"/> Wear SCDs on your legs while in bed.</li> <li><input type="checkbox"/> Sit up on the edge of your bed with help from your nurse. </li> <li><input type="checkbox"/> Take clear fluids by mouth, then start a regular diet.</li> <li><input type="checkbox"/> Get up to use the toilet and try to urinate (pee).               <ul style="list-style-type: none"> <li>- If you cannot pee, you may be discharged with a catheter.</li> </ul> </li> <li><input type="checkbox"/> Be assessed to see if you can be discharged on the same day as your procedure.</li> </ul> <p><b>In the hospital, you:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> May be moved to a room on a special care unit.</li> <li><input type="checkbox"/> Will eat a regular diet, and sit in a chair to eat your meals. </li> <li><input type="checkbox"/> Will walk around the unit 3 to 4 times a day. </li> <li><input type="checkbox"/> Will receive discharge teaching on the day of your discharge.</li> </ul>

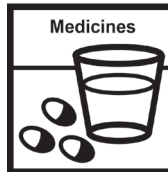
## 24 to 72 Hours (Days 1 to 3)

### What to Expect

- You may feel a little bloated if you had laparoscopic or robotic surgery.
- You may have very light discharge or spotting from your genital area (vagina). Call your doctor if you have a lot of fluid or blood coming from this area.
- You may feel a sharp pain in your shoulder or upper back for 1 to 2 days after surgery. This is caused by the gas that was used to inflate your abdomen during laparoscopic or robotic surgery. Try heat or cold packs to relieve the pain. It should go away in 24 to 72 hours.

### Pain relief:

- Take gabapentin, ibuprofen, and/or acetaminophen for mild to moderate pain.
- Your doctor may prescribe opioid pain medicine, if needed for severe pain.



### Bowel medicines:

- Take senna and Miralax 1 to 2 times a day until you have a bowel movement (poop).
- Stop taking senna and Miralax if you have loose stools or diarrhea.

### Wound care:

- If you have outer bandages, you may remove them on day 1, or within 24 hours. Do this in the shower if they are hard to remove.
- Leave the Steri-strips (white tape) in place.

### Activity:

- You may shower starting on day 1.
- Walk 3 to 4 times a day.
- You may do other activities during this time, but avoid doing anything that uses your stomach muscles, such as heavy lifting or straining.
- You may have oral sex and external (clitoral) stimulation as soon as you feel ready.

## Weeks 1 and 2

### Pain relief:

- If you still need opioids for severe pain, keep taking gabapentin, ibuprofen, and/or acetaminophen as prescribed.
- If you no longer need opioids for severe pain, stop taking gabapentin. Take ibuprofen and/or acetaminophen as needed.

If you feel you still need opioids for pain more than 2 weeks after your surgery, talk with your provider.

### Activity:

- Walk 3 to 4 times a day.
- You may do other activities during this time, but avoid doing anything that uses your stomach muscles, such as heavy lifting or straining.
- For at least 4 weeks:** Do not take a bath, sit in a hot tub, or go swimming. If you still have bleeding after 4 weeks, talk with your doctor.
- For 6 weeks:**
  - Do not lift anything that weighs more than 10 pounds.
  - Do not do any activities that make your body work hard.
  - Do not have anal sex.
- For 8 weeks:**
  - Do not have frontal (vaginal) sex.



### Wound care:

- If you have Steri-strips, you may remove them at 1 to 2 weeks, or when they start to fall off. Do this in the shower if they are hard to remove.

### Follow-up Visit

- Follow your provider's advice about when to come for a follow-up visit. Most times, this is 3 to 6 weeks after surgery, depending on your procedure.

