



Your Guide to Gynecologic Surgery

Preparing for and Recovering from Surgery



believe

(Your Name)

(Surgeon)

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Appointments

Preoperative visit with your surgeon:

Surgeon's name: _____

Date: _____

Time: _____ AM/PM

Anesthesia Clinic appointment:

PeaceHealth Sacred Heart Medical Center – 541 222 7522

Date: _____

Time: _____ AM/PM (will last 1-2 hours)

Surgery Date: _____

You will be called by WVCI scheduling the day before surgery and informed of when to arrive at the hospital for surgery.

Time: _____ AM/PM (this will be 2 hours before surgery)

PeaceHealth Sacred Heart Medical Center, 3333 Riverbend Drive, Springfield OR

Postoperative appointment with your surgeon's office:

Date: _____

Time: _____ AM/PM

Getting Ready for Surgery



As Early as Possible Before Surgery

Complete blood work, EKG, specialty consult -Cardiology, Pulmonology, etc. as ordered by surgeon or Anesthesia.

Insurance Authorization

Our pre-certification team will be contacting your insurance company to secure prior authorization for your surgery and admission. Please notify WVCI immediately if there have been any changes regarding your insurance since your last visit. WVCI will contact you to inform of any issues with prior authorization or for any deductible or copayment that will be required. **You are expected to pay any deductibles or copayment. Please contact the hospital patient finance department to discuss requirements for payment prior to your surgery.**

If your insurance is an HMO, you may need a referral from your primary care physician for service to be covered by your insurance. If you are going to be admitted to the hospital and have questions regarding your insurance and coverage, please call our office at 541 683 5001.

Advanced Directives

Advanced Directive is a legal form that you can fill out to state your preferences on what treatment you would like performed to extend your life, in the event that you require life support. Advanced Directives are optional. An Advanced Directive can be used to name a health care representative. This is someone you trust to make health care decisions for you in the event you are unable to do so. If you have an Advanced Directive, please bring a copy to the hospital. An Advanced Directive can be removed or revised at any time.

Diet Before Surgery

Eat a healthy diet during the period leading up to your surgery, as this helps you to recover quicker. Get Plenty of exercise daily so that you are in good shape for surgery. 15-30 minutes of walking a day is a beneficial and safe exercise for most people; however, be sure to check with your primary care doctor before starting any new exercise program.

Stop Smoking

If you smoke, you will need to **stop smoking** because of the risks related to anesthesia and the healing process. Ask your primary care Doctor for assistance before your surgery to help with stopping smoking and symptoms that may occur.

2 Weeks Before Surgery

If you are NOT having outpatient surgery, you should plan to be in the hospital for three to five days after surgery, unless your surgeon told you to expect otherwise. It is likely that you will need assistance from friends or family immediately after leaving the hospital. If home assistance is not available, some patients require a brief stay in an intermediate care or rehabilitation facility. These facilities give assistance, for a short period of time, while you regain your strength. This decision will be made by you, along with medical, nursing and therapy team responsible for your care in the hospital and included in your hospital discharge plan. **Please try to pick one friend or family member who can be part of the team to help make decisions and coordinate your care before, during and after surgery (see Advanced Directive pg.)**

If you don't have the assistance you will need at home, here are a few simple things you can do before surgery that may make things easier for you when you get home.

- In the kitchen, put things you use often between waist and shoulder height to avoid having to bend down or stretch to reach them.
- Bring the things you are going to use during the day downstairs. However, realize that you WILL be able to climb stairs after surgery.
- Buy a stock of food and other household items you will need frequently, as shopping may be difficult when you first go home.

Plan for management of blood thinners (anticoagulants):

Please discuss with the doctor that prescribes that medication if you need to hold Warfarin, Coumadin, Clopidogrel, Aspirin etc.

***Per the prescribing doctor – Stop blood thinner ____ days before your surgery.**

1 Week Before Surgery

Medications

STOP 7 days before surgery

all Aspirin, NSAIDS (ibuprofen, Motrin, Advil, Naproxen, Meloxicam, Celebrex, etc.) vitamins, supplements, and herbals.

It is ok to take Tylenol or Acetaminophen.

COVID-19 Testing

COVID testing will be determined by the hospital and completed when you check in if needed.

2 Days Before Surgery

This evening take your first of 3 showers using Hibiclens (Chlorhexidine Gluconate 4% liquid soap). Direction on page 12

1 Day Before Surgery

You will receive a call 1 day before your surgery to confirm the time you need to come to the hospital. You may also receive a call from the hospital to review your regular list of medications and other questions about our medical history. If you have any questions or concerns about your hospital stay, please ask at that time.

No smoking or vaping for at least 12 hours before surgery

Before you go to Bed

Take a shower or bath (2 of 3). Then using Hibiclens soap – follow directions on page 12.

If you are Diabetic and on long-acting insulin, only take ½ of your usually dose of long-acting insulin and **NONE** the morning of surgery.

Morning of Surgery

DO:

- If you use a CPAP at home, please bring it with you to the hospital.
- Take showers using Hibiclens soap (3rd of 3) following directions on page 12.
- You may drink **Clear liquids only** up until you leave to come to the hospital at which time you will drink **Clear Ensure** (If given to you by Anesthesia).
- If directed by Anesthesia -**Drink 1 Bottle of Clear Ensure** – Drink over 5 minutes to finish entire drink **2 hours before surgery**. This may be done at the hospital depending on your arrival time.

Do NOT:

- **Do NOT** eat any solid food or drink any non-clear liquids, such as, milk, pulped juice or add creamer to coffee.
- **If you are Diabetic: Do NOT** take any oral or injectable Diabetic medication on the morning of surgery.

Do Not use inhalers but bring them with you to the hospital.

Do Not take diuretics (water pills) the morning of Surgery.

Do Not take Ace-inhibitors (heart, BP medications – name end in “**pril**” – Enalap**ril**, Benaze**pril**, Ramip**ril**, Lisino**pril**, Captop**ril** or ARBs (name ends in **sartan** – Losartan, Telmisartan, Valsartan, Iresartan, Olmesartan)

Bowel Prep – if directed by your doctor or nurse

You will need to do a bowel prep the night before Surgery

Please Purchase the following over the counter items:

- Miralax
- 32oz of Gatorade, G2 (low sugar Gatorade), Powerade, or Pedialyte – flavor of your choice. Use G2 if you are Diabetic
- Dulcolax Laxative 5mg tablet (2 pills)
- Hibiclens soap/Chlorhexidine 4% gluconate

THE DAY BEFORE YOUR SURGERY

*Do not eat any solid foods – Restrict diet to **CLEAR LIQUIDS ONLY**.

- If you can see through it, you can drink it. Options listed in book on pg 11.
1. Mix the $\frac{1}{2}$ **cup** of Miralax into the 32oz electrolyte solution into a jug. Mix thoroughly.
 2. Start dinking the Miralax solution at 2pm.
 3. Take 2 Dulcolax at 2pm
 4. Finish Miralax by 4pm.

If at any time you experience nausea or vomiting, rinse your mouth with water and take a 15-30min break and then continue drinking the prep solution.

If you follow the instructions and you no longer have formed stool, but yellow liquid, you may stop drinking the solution and resume your clear liquid diet.

Clear Liquid Diet

Clear Broth: Beef, chicken

Gatorade

Lemonade or Kool-aid

Soda, tea, coffee (NO cream)

Gelatin (without fruit)

Popsicles (NO fruit or cream)

Italian ices

Juices without pulp: apple, white grape juices

You may use salt, pepper, or sugar.

Not Clear liquid

Milk, Cream, milkshakes, tomato juice, orange juice, grapefruit juice, Cream soups, oatmeal, Grits, Cream of wheat.

IF NO Bowel Prep needed

You do not need to do bowel prep before surgery

You can eat as normal until midnight

Clear liquids only from Midnight until 4 hours before surgery time.

(See Clear liquid diet list on previous page.)

Nothing by mouth 4 hours prior to surgery time.

Showering – Skin Prep Before Surgery

Purchase over the counter Chlorhexidine Gluconate 4% (Hibiclens) from your pharmacy.

Do Not shave for 2 days prior to surgery.

Do Not allow the medication liquid soap to come in contact with your eyes, ears, mouth or nose or genitalia.

Do Not use internally. If the product does get into these areas, quickly rinse repeatedly with water.

When to Shower (3 times different times before surgery)

You will shower:

- 2 nights before surgery
- 1 night before surgery
- The morning of surgery

How to Shower

In the Shower, thoroughly wet skin, then turn off water and wash skin in a vigorous manner from the neck down with Chlorhexidine Gluconate 4 % liquid soap (Hibiclens).

*Pay special attention to the belly button, hands, and feet. If you are unable to reach these areas on your body, ask someone for help.

Day of Surgery



THE DAY OF YOUR SURGERY

- Continue with CLEAR LIQUIDS until 4 hours prior to your surgery time. After this time, you cannot eat or drink anything including gum, candy or water.

What to Bring to the hospital

Leave all valuables at home or give them to the person accompanying you, including:

Cash, credit cards, checkbooks, valuable clothing or jewelry and items of sentimental value.

We encourage you to only bring essential items the morning of surgery, including:

- Insurance cards
- Personal identification card – driver's license
- Copy of your Advanced Directive
- Bring a list of your current medications with dosage and frequency
- If you wear glasses, contacts, dentures, or hearing aids - bring a case (you will need to remove them before surgery).
- Inhalers only – leave all other medication at home
- **CPAP and supplies if you use at home**
- Wear comfortable clothes and bring comfortable clothes to wear home

My Pre-Surgery Planner

Instructions:

Mark the date of your surgery in the last row of the calendar on the appropriate day of the week. Use this calendar to mark and track each of your appointments leading up to surgery (for example: anesthesia clinic, primary care provider, etc.) AND any reminders for the activities you will need to do in the days leading up to your surgery.

[illegible]

Discharge After Surgery



Complications That May Delay Discharge

Nausea and vomiting

It is very common to feel sick to your stomach after surgery. You may have been given a prescription for medication to reduce nausea and vomiting, use this medication as directed. Small, frequent meals and drinks can help reduce this. Drink plenty of water and fluid to stay hydrated.

Urinary retention

If you had a catheter placed during surgery and you are unable to urinate after it is removed, a catheter may need to be reinserted to allow swelling to reduce and you to recover until you can urinate.

When you go home, you will receive:

- Detailed discharge instructions, with information about your operation and medications.
- All prescriptions for medications you need at home.
- You may have been prescribed Lovenox, Eliquis, or Aspirin. These medications are used to reduce the risk of a blood clot after surgery.
- You may have an appointment to see your surgeon or provider one to two weeks after you leave the hospital for follow-up.

Abdominal Binder



Support & Comfort

You will be given an abdominal binder when you are discharged. This is a support band for your abdomen. It can reduce pain and improve comfort. The above picture shows the proper way to wear an abdominal binder.

The doctor encourages you to wear the binder for the first week or so when you are up and around. You do not need to wear it during sleep or when you are relaxing. Do not wear it all day every day. Your incision needs to have air to help with healing.

You may consider wearing a t-shirt under the binder (as pictured above) to prevent skin irritation.

Once you are Discharged

Call us at any time if you are worried about your recovery or if you have any questions.

- Call WVCI: **541 683 5001**

Call WVCI immediately if:

You have a fever higher than 100.4 degrees

Your wound is red, more painful or has drainage

You are nauseated, vomiting and can't keep fluids down, even after taking medication for nausea

Your pain is worse, and you are not able to control it after taking pain medications as directed

Please **call early if you think something is not right**. A nurse is available Monday - Friday 7AM to 5PM (except holidays) to answer your questions. After hours and on the weekend, the calls go to our answering service and the on-call doctor if needed. It may take longer for your call to be returned during this time.

If you have a true emergency, such as severe abdominal pain, chest pain, shortness of breath or any other acute issues, call 911 or go to the local emergency room for assessment.

Concerns After Discharge

Bowel Function Following Surgery

Your bowels will take several weeks to settle down and may be unpredictable at first. Your bowel movements may become loose, or you may be constipated. For many patients, this will get back to normal with time. Make sure you eat nutritious meals, drink plenty of fluids and take regular walks during the first two weeks after your operation.

Abdominal Pain

It is not unusual to suffer gripping pains for the first 24-48 hours following surgery. Using a warm blanket across your abdomen, drinking warm tea (peppermint tea works well) and walking frequently will help this resolve.

Constipation

Due to Anesthesia and pain medication, constipation can be an issue after surgery. The following steps will help you avoid constipation:

- Drink plenty of water and other fluids.
- Take a stool softener twice daily after surgery until your bowel function returns to normal.
- If you get constipated, we recommend MiraLAX, Milk of Magnesia, Dulcolax suppository or whatever usually works for you.
- Walking and light activity are important to help your bowels return to normal.

Due to bowel prep (if done) and lack of appetite, it can be common not to have a bowel movement for 3-4 days after surgery.

Diarrhea

The first step to improving your frequent or loose stools is to bulk up the stool with Fiber. Metamucil is the most common type of fiber that is available at your

local pharmacy over the counter. Start with 1 teaspoon mixed in food, like yogurt or oatmeal in the morning and evening. Try not to drink any fluid for one hour

Diarrhea *(continued)*

after you take the fiber. This will allow the fiber to act like a sponge in your intestines, soaking up all the excess water. Continue this for 3-5 days or until bowel function returns to normal.

Hysterectomy

You should have pelvic rest for 12 weeks or as specified by your doctor after surgery. You should have **Nothing** in the vagina (NO tampons, douching, intercourse, etc.) during this time.

If you have some vaginal spotting, this is normal. If you have heavy bleeding and/or large clots from vagina (size of thumb nail or larger) this is **Not** normal, and you should contact WVCI immediately.

- Call **541 683 5001**

Urinary Function

After surgery, you may get a feeling that your bladder is not emptying fully. This usually resolves with time; however, if it continues or you have symptoms of a bladder infection (burning on urination, dark and foul-smelling urine or if you have concerns, feel free to call WVCI to discuss with a nurse.

Incision Care

Robotic/Laparoscopic Surgery

You will have 5 small incisions on your abdomen, these will be closed with steri-strips. There will be a gauze pad on top of the steri-strips and a clear dressing over the top.

Remove the clear dressing and gauze 24-48 hours after you get home. Leave the steri-strips on - they will fall off 7-10 days after surgery. If they have not fallen off after 10 days, you may gently remove them.

After you remove the clear bandage and gauze you may shower as normal. Do not scrub over the steri-strips. Just let the water run over the area and gently pat dry. **Shower only.** Do not take a bath for 6 weeks following surgery.

Contact our office if you have any signs of infections such as increased redness, swelling, pain, drainage, bleeding, or a temperature over 100.4 degrees.

- Call **541 683 5001**

Note: A cool washcloth can be placed over the incision to reduce itching.

Incision Care (*continued*)

Abdominal Incision

You will have one large incision on your abdomen, this will be closed with staples. These staples will be removed at your post-op appointment or 10 days following surgery.

The incision will be covered with a gauze bandage. If the gauze bandage was not removed prior to your hospital discharge, you may remove the gauze 24-48 hours after you get home.

After you remove the gauze, you may shower as normal. Do not scrub over the incision area. Just let the water run over your abdomen and gently pat dry. **Showers only.** Do not take a bath for 6 weeks following surgery.

You may develop redness around the edge of the staples right before they are due to be removed, this is normal.

Contact our office if you have any signs of infections such as increased redness, swelling, pain, drainage, bleeding, or a temperature over 100.4 degrees.

- Call **541 683 5001**

Note: A cool washcloth can be placed over the incision to reduce itching.

Normal Activity

Hobbies and Activities

Walking is encouraged after surgery. You may climb stairs.

Frequent walking and light activity help to prevent blood clots and improve bowel function after surgery.

- NO heavy lifting of more than 10 pounds or contact sports for 6 weeks after surgery.
- No swimming for 6 weeks after surgery.
- No intercourse or insertion of anything in the vagina for 12 weeks after surgery if you have had a hysterectomy or vaginal surgery.

Work

It is normal to return to work 4-6 weeks after surgery. If your job involves heavy lifting or strenuous activity, you should wait 6 weeks to return. You should check with your employer, prior to surgery, as to their requirement for surgery leave, recovery leave and return to work paperwork. If you need a return-to-work letter, form or disability paperwork completed, please bring them to your follow-up appointment. Some paperwork requires completion prior to surgery leave, please fax to our office at 541 683 1422. **Please allow 10 business day for completion of any paperwork that you submit outside of an appointment.**

Driving

You may drive when you are off narcotics (pain medication) and pain-free enough to react quickly. For most patients this is 3-4 weeks after surgery.

It can take up to 2-3 months to fully recover after surgery. It is not unusual to be fatigued and require an afternoon nap for up to 6-8 weeks after surgery. Your body is using energy to heal. Set small goals for yourself and try to do a little more each day.

Important Contact Numbers

WVCI

Gynecologic Oncology

Phone hours 7 a.m.- 5 p.m.

Monday – Friday

Phone: **541 683 5001**

Fax: 541 683 1422

PeaceHealth Anesthesia Clinic

Phone: 541 222 7522

PeaceHealth Financial Services

Phone: 877 202 3597

PeaceHealth Main line

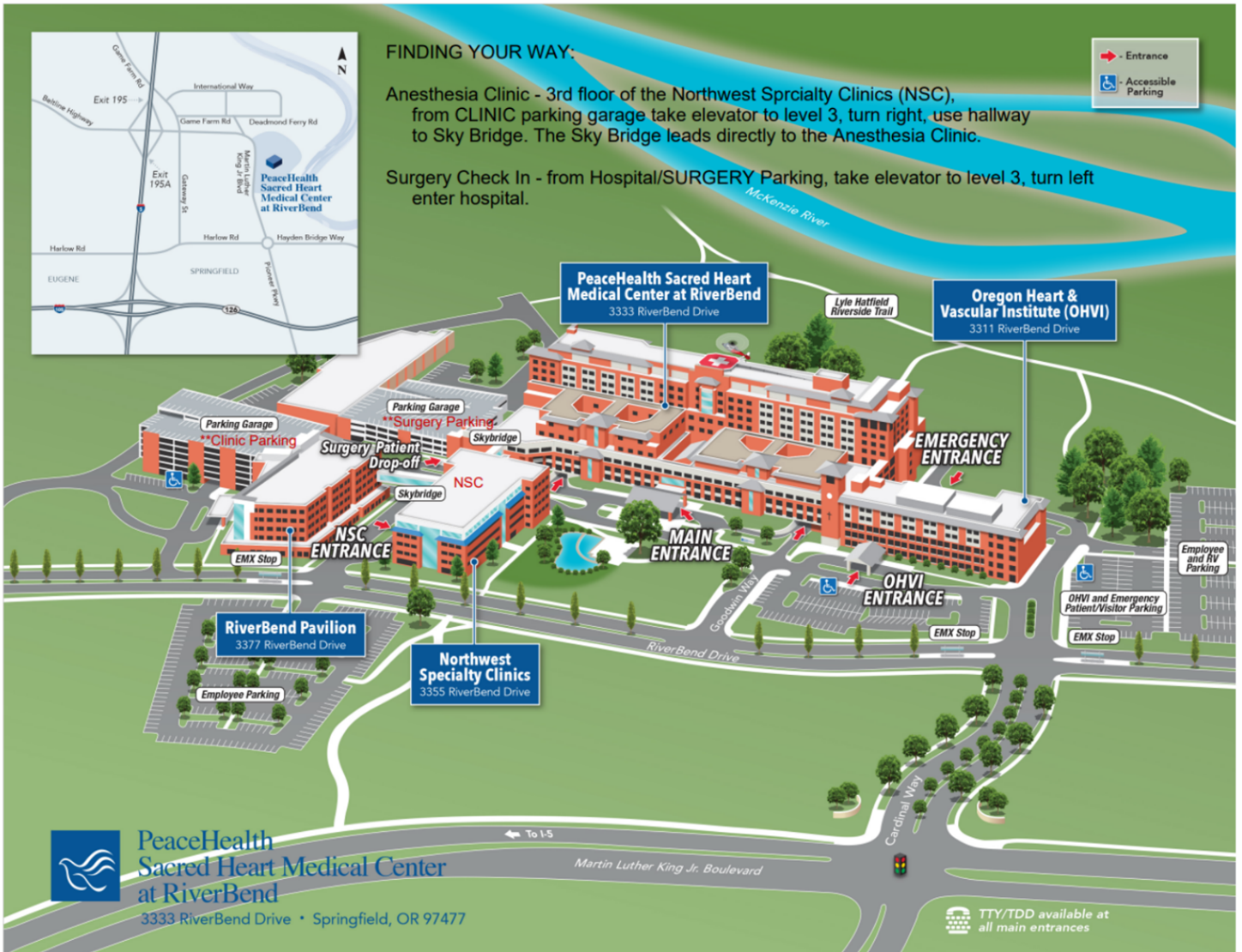
Phone: 541 222 7300

Local Hotels offering WVCi or “Hospital” rates

Eugene / Springfield	Phone	Address	Distance to Clinic	Discount Details	Parking
Best Western Grand Manor Inn	541-726-4769	971 Kruse Way, Springfield, 97477	4.2 miles	20%, WVCi Patient	
Best Western New Oregon	541-683-3669	1655 Franklin Blvd., Eugene, 97401	2.9 miles	10%, WVCi Patient	
Campus Inn & Suites	541-343-3376	390 E. Broadway, Eugene, 97401	1.4 miles	\$69.99, after June 15%, WVCi Patient	
Candlewood Suites	541-683-8000	3005 Franklin Blvd., Eugene, 97403	3.2 miles	\$99, WVCi Patient	
Children's Miracle Network Lions Family Guest House	541-205-7150	1057 Patterson St., Eugene, 97401	1.5 miles	Minimal, WVCi patient	
Comfort Suites (Eugene)	541-343-7000	3060 E. 25th Ave., Eugene, 97403	4.3 miles	15%, code: LWVC	
Comfort Suites (Springfield)	541-746-5359	969 Kruse Way, Springfield, 97477	4.3 miles	\$109/\$129, code: WVCi	
Courtyard by Marriott	541-726-2121	3443 Hutton St., Springfield, 97477	4.2 miles	\$109/\$129, code: WVCi	
Downtown Inn, Eugene	541-345-8739	361 W. 7th Ave., Eugene, 97401	2.2 miles	\$100* (off season) code: WVCi	
Graduate, Eugene	541-342-2000	66 East 6th Ave., Eugene, 97401	1.4 miles	\$139, WVCi Patient	
Hayward Inn	541-485-2727	1759 Franklin Blvd., Eugene, 97401	2.8 miles	15%, WVCi Patient	
Hilton Garden Inn	541-736-3000	3528 Gateway St., Springfield, 97477	4.4 miles	\$108, code: Hospital Rate	
Holiday Inn Express (Eugene)	541-342-1243	2117 Franklin Blvd., Eugene, 97403	4.4 miles	\$89, WVCi Patient	
Holiday Inn Express (Springfield)	541-284-0707	919 Kruse Way, Springfield, 97477	3.3 miles	\$109/\$129, code: WVCi	
Home Towne Studios (Crossland Economy Studios)	541-741-3908	520 Harlow Rd., Springfield, 97477	4.3 miles	\$62/\$74, code: WVCi	
La Quinta Inn & Suites	541-746-8471	3480 Hutton St., Eugene, 97401	4.2 miles	\$109/129, code: WVCi	
Motel 6	541-741-1105	3752 International Way, Springfield, 97477	4.3 miles	Discounts based on #days	
Residence Inn by Marriott	541-372-7171	25 Club Rd., Eugene, 97401	.8 miles	\$169/\$139* (based on #days, code: WVCi)	
Super 8 Motel	541-579-2692	3315 Gateway St., Springfield, 97477	4.3 miles	Discounts based on #days	
The Maverick	541-342-6383	1859 Franklin Blvd., Eugene, 97401	6.2 miles	\$75, WVCi Patient	
Valley River Inn	541-743-1000	1000 Valley River Way, Eugene, 97401	.8 miles	\$107, code: WVCi	

Note : all prices are daily rates and subject to taxes, fees, blackout dates, availability, and change without notice. They are provided as a courtesy. For the most updated list, please see WVCi's website lodging listing at [www. www.oregoncancer.com/traveling-patients](http://www.oregoncancer.com/traveling-patients).

Sacred Heart Medical Center at RiverBend



Driving Directions

From 1-5 heading North or South:

Exit 195A and head east on Beltline Rd. Curve right onto Martin Luther King Jr. Parkway (0.76 mi). Turn left onto Cardinal Way (0.2 mi).

From 1-105/HWY 126 heading East:

Exit Springfield City Center. Turn left onto Pioneer Parkway East. Drive to roundabout intersection with Hayden Bridge Way. Stay in outside lane; exit onto Martin Luther King Jr. Parkway. Turn right onto Cardinal Way (0.2 mi).

From 1-105/Hwy 126 heading West:

Exit Springfield City Center and turn left. Immediate right onto Pioneer Parkway East. Drive to roundabout intersection with Hayden Bridge Way. Stay in outside lane; exit onto Martin Luther King Jr. Parkway. Turn right onto Cardinal Way (0.2 mi).

From Hwy 99 heading North or South:

Take Beltline Rd. East. Curve right onto Martin Luther King Jr. Parkway (0.76 mi). Turn left onto Cardinal Way (0.2 mi).