

Your Guide to Gynecologic Surgery

Preparing for and Recovering from Surgery



_____	(Your Name)
_____	(Surgeon)

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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.

If you use an inhaler and/or a CPAP machine, please bring with you to the hospital.

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Getting Ready for Surgery



Your responsibility before surgery

Transportation

You **MUST** have a responsible person drive you home (age 18+) after surgery. You will not be allowed to leave alone. If you plan to use a taxi or Uber, you **MUST** be accompanied by a responsible adult. It is highly recommended that for the first 24 hours after surgery, there is a responsible person with you for assistance. If you arrive without a ride home arranged, your surgery will have to be rescheduled.

If you need transportation assistance please call WVCI's support services team as soon as possible: **541-683-5001**.

WVCI's responsibility before your surgery

Insurance Authorization

Our pre-certification team will contact your insurance company to secure 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 you of any issues with prior authorization or for any deductible or copayment that will be required. **You are expected to pay any deductible or copayment. Please contact the hospital patient finance department to discuss requirements for payment prior to your surgery.**

If your policy is an HMO, you may need a referral from your primary care physician for services to be covered by your insurance. If you are going to be admitted to the hospital and have questions regarding your insurance, please call our office at: **541-683-5001**, and ask to speak to billing.

Recommendations before your surgery

Advance Directive

An Advance 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.

(Continued on next page)

Recommendations (continued)

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 **Advance Directive**, bring a copy to the hospital. An Advance Directive can be removed or revised at any time.

For more information on Advanced Care Planning , forms, and free guidance filling out the form, please call WVCI and ask to speak with a social worker: **541-683-5001**

COVID-19 Testing

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

One Week Before Surgery

Medications

STOP 7 days before surgery:

all Aspirin, NSAID's (Ibuprofen, Motrin, Advil, Naproxen, Meloxicam, Celebrex, etc.), vitamins, and supplements , and herbals. It is okay to take Tylenol or Acetaminophen.

Drugs & Alcohol:

Stop ALL recreational drug use 7 days before surgery (including marijuana).

Stop all alcohol 3 days before surgery.

Stop Tobacco/Nicotine Products (smoke, chew, gum, Zyn, Chantix) after midnight day of surgery.

If you are taking a blood thinner (Anticoagulant):

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

Per your *prescribing doctor, **STOP blood thinner ____ days** before your surgery.

Medications (continued)

If you are Diabetic:

take **half** of your long acting insulin the **night before** surgery, and **NONE** the morning of surgery.

Metformin (Glucophage): Hold day before surgery, day of surgery and day after surgery.

GLP1 agonists (glucagon-like peptide receptor agonists):

Dulaglutide (Trulicity)

Lixisenatide (Adlyuxin)

Exenatide (Byetta)

Semaglutide Injection (Ozempic)

Liraglutide (Victoza)

Seglutide tablets (Rybelsus)

GLP1 agonists:

Days prior to the procedure/surgery:

1. For patients on daily dosing, hold the GLP1 agonist on the day of the procedure/surgery.
2. For patients on weekly dosing, hold the GLP1 agonist a week prior to the procedure/surgery.

SGLT2 (sodium glucose cotransporter 2 inhibitors):

Canagliflozin (Invokana)

Dapagliflozin (Farxiga)

Empagliflozin (Jardiance)

SGLT2 Inhibitors:

Hold these agents for 2-3 days prior to the procedure/surgery.

For ALL other prescription medications:

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

Do Not take Ace-inhibitors (heart, BP medications - name end in "pril" - enalapril, Benazepril, Ramipril, Lisinopril, Captopril, or ARBs (name ends in "sartan" - Losartan, Telmisartan, Valsartan, Irbesartan, Olmesartan) the **morning of surgery**.

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 – *use if you are Diabetic*), Powerade, or Pedialyte – flavor of your choice.
- Dulcolax Laxative 5mg tablet (2 pills)
- Hibiclens soap/Chlorhexidine 4% gluconate or Dial bar soap.

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 this book on **page 11.**

1. Mix the 1/2 cup of Miralax into the 32 oz electrolyte solution into a jug. Mix thoroughly.
2. Start drinking the Miralax solution at 2 pm.
3. Take 2 Dulcolax at 2 pm.
4. Finish Miralax by 4 pm.

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

If you follow the instructions and you have only liquid stool (no formed stool) you may stop drinking the solution and resume your clear liquid diet.

****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.****

CLEAR LIQUID DIET FOR 1 DAY PRIOR TO SURGERY

Clear liquid is any liquid you can see through. *If you can see through it, you can drink it!*

Allowed:

Water
Clear Broth: beef, chicken, or vegetable broth
Gatorade
Lemonade or Kool-Aid
Sodas, tea, coffee (no cream)
Popsicles (without fruit or cream)
Italian ices
Juices without pulp: apple, white grape

Not Allowed:

Alcoholic Beverages
Milk or Cream
Milkshakes
Tomato juice
Orange or Grapefruit juice
Cream soups (or anything other than clear broth)
Oatmeal
Grits
Cream of Wheat

Note: *It is important to stay well hydrated during your bowel prep, so please drink the allowed clear liquids.*

If NO Bowel Prep needed

You do not need to do bowel prep before surgery

You can eat as normal until midnight (12:00 am)

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

(See "Clear Liquid Diet" list on page 10.)

Nothing by mouth 4 hours prior to surgery.

Showering – Skin Prep Before Surgery

Purchase over the counter Chlorhexidine Gluconate 4% (Hibiclens) liquid soap from your pharmacy. *If unavailable, use a bar of Dial soap.*

Do not shave for 2 days prior to surgery.

Do not use the medicated liquid soap on your hair, face, or genitals.

When To Shower (3 different times prior to surgery)

You will shower:

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

How To Shower

- In the shower, wash skin in a vigorous manner from the neck down with Chlorhexidine Gluconate 4% liquid soap (Hibiclens) or a bar of Dial soap. Allow soap to sit on your skin for 2 minutes, then rinse and get out.

After Surgery



Abdominal Binder



Comfort and Support

You will be given an abdominal binder when you are discharged from the hospital. This is a support band for your abdomen. It can reduce pain and improve comfort. If it is uncomfortable, feel free to not wear it or reposition as needed. The picture above shows the proper way to wear an abdominal binder.

You may consider wearing a t-shirt under the binder to prevent skin irritation.

After Discharge

Call WVCI 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, or can't keep liquids down, even after taking medication for nausea
- Your pain is worse and you are not able control it after taking pain medications as directed

Please call early if you think something is not right. A nurse is available Monday-Friday 8 am- 5pm (except holidays) to answer your questions. After hours and on the weekends, the calls go to our answering service and the on-call doctor if needed. It may take longer for your phone 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.

Post-Op Care

Hysterectomy

You should have pelvic rest for 12 weeks or as specified by your doctor after surgery.

You should have **NOTHING in the vagina** during this time:

- **NO Tampons**
- **No Douching**
- **No Intercourse**

If you have some vaginal spotting, this is normal. If you have heavy bleeding and/or large clots from the vagina (size of thumbnail or larger) this is NOT normal, you should contact WVCI immediately:

- Call **541 683 5001**

Incision Care – Robotic/Laparoscopic Surgery

You will have 4-5 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 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 signs of infection 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 (*Laparotomy*)

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 10-12 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 infection 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 your incision to reduce itching.



Potential Side Effects to be Aware of

Nausea and Vomiting

No longer common. Due to minimal gas use during anesthesia, most patients do not experience post op nausea or vomiting. However, if you do feel sick, you may request a prescription for medication to reduce nausea/vomiting. Do your best to stay hydrated by drinking plenty of water and fluid.

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 you have concerns, feel free to call WVCI to discuss with a nurse. [541-683-5001](tel:541-683-5001)

Bowel Function

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 walk at least 15 min. every hour after your operation.

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
- Take a stool softener twice daily after surgery until your bowel function returns to normal (ex: Senna-S)
- 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.

Abdominal Pain

It is common to have moderate to severe gas pains after surgery. Gas pains may be in the abdomen, shoulder, or neck. [What helps?](#) Walking, Gas-ex, moving, peppermint tea may all help. Using ibuprofen or acetaminophen (Tylenol) instead of narcotic pain reliever may help gas pains, too. See the next page for [Abdominal Support & Comfort](#).

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**
- **NO contact sports for 6 weeks after your surgery.**
- **NO swimming for 6 weeks after surgery**
- **No Intercourse or insertion of anything into the vagina for 12 weeks after surgery if you have had a hysterectomy or vaginal surgery.**

Work

It is normal to return to work 2-6 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 days 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.

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 am - 5 pm

Monday-Friday

Phone: **541 683 5001**

Fax: 541 683 1422

McKenzie Willamette

Pre Anesthesia Clinic

Phone: 541 726 8432

PeaceHealth Anesthesia Clinic

Phone 541 222 7522

PeaceHealth Financial Services

Phone: 877 202 3597

PeaceHealth Main Line

Phone: 541 222 7300

Lodging Near PeaceHealth Sacred Heart

Holiday Inn Express

541 284 0707

919 Kruse Way, Springfield

Home Towne Studios

541 741 3908

520 Harlow Rd., Springfield

Hyatt Place Eugene/Oakway Center

541 343 9333

333 Oakway Rd., Eugene

La Quinta Inn & Suites

541 746 8471

3480 Hutton St., Springfield

Motel 6

541 741 1105

3752 International Ct, Springfield

Quality Inn & Suites

541 516 1250 7300

3550 Gateway St., Springfield

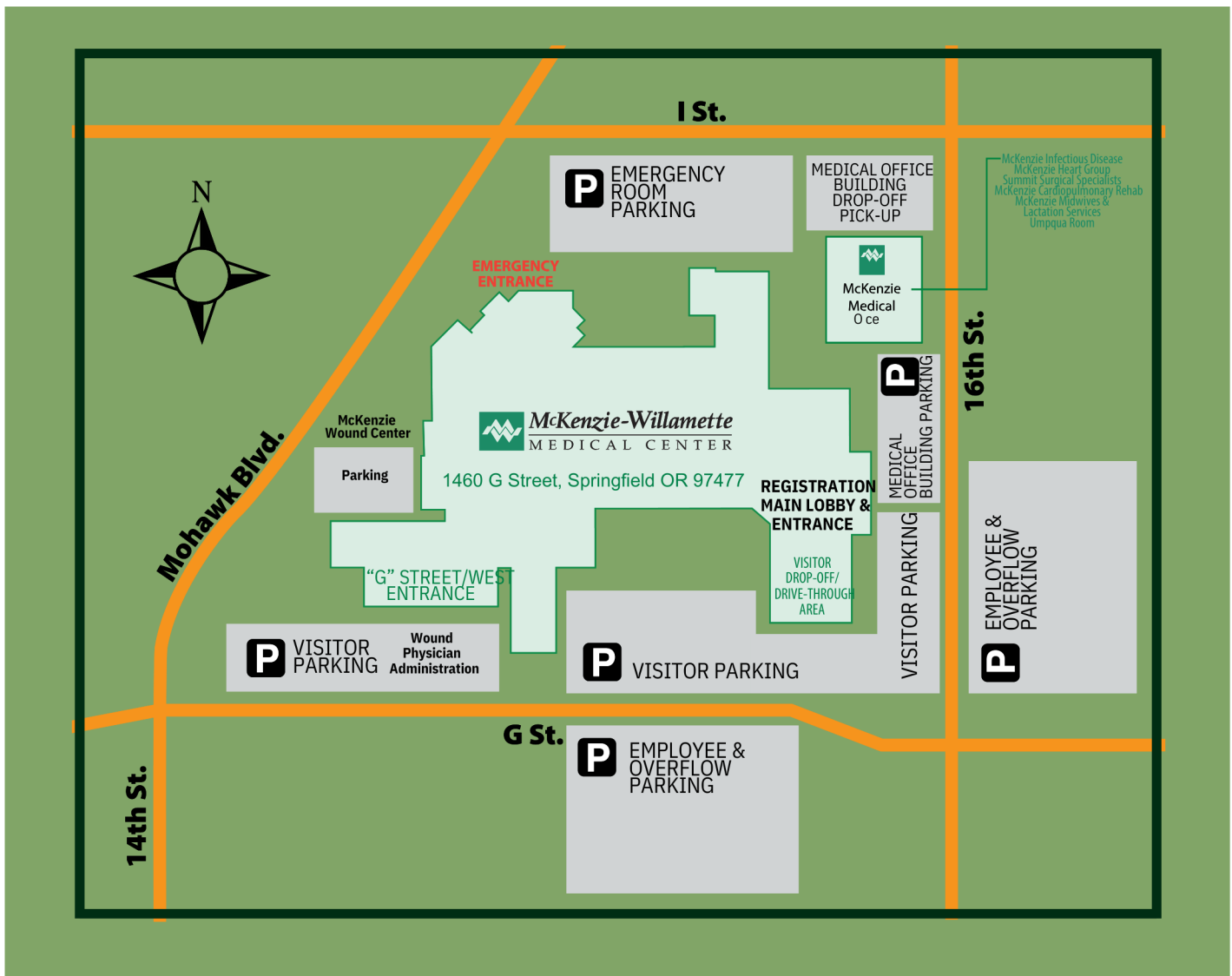
Super 8 by Wyndham

541 579 2692

3315 Gateway St., Springfield

Note: some accommodations offer "hospital" pricing depending on the length of stay and availability. You may inquire at time of booking whether or not special rates apply.

McKenzie - Willamette Medical Center



Driving Directions

From 1-5 heading North or South:

Exit 194A to merge onto OR-126 East. Take the Mohawk Boulevard exit, turn right onto Mohawk Blvd., Turn left onto G street.

From 1-105/OR-126 heading East:

Exit Springfield City Center. Turn right onto Pioneer Parkway East. Take a left onto Centennial Blvd follow to Mohawk Blvd. Take a right on Mohawk Blvd, then turn left onto G Street.

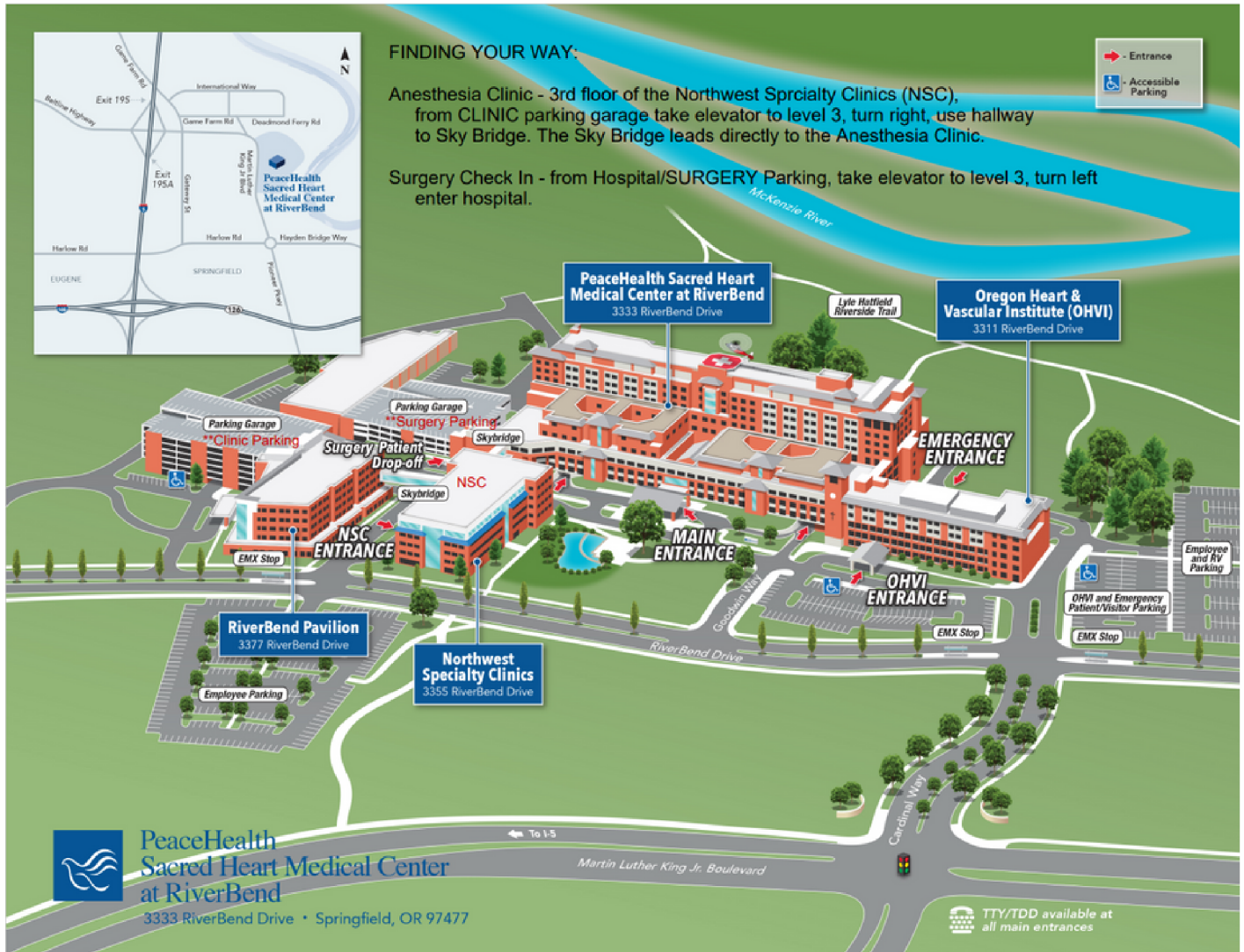
From 1-105/OR-126 heading West:

Exit Mohawk Boulevard. Take a left onto Mohawk Blvd and go over the overpass. Follow Mohawk straight, then turn left onto G street.

From Hwy 99 heading South:

Follow Hwy 99 through Eugene, Hwy 99 will become Franklin Blvd/OR-126. Pass the UO campus, go through Glenwood. At first roundabout, take the 1st right (Franklin Blvd), at second roundabout take the 2nd right (South A Street). Follow to 14th Street, at the light take a left. Follow to G street and take a right. Visitor parking is on your left.

Sacred Heart Medical Center at RiverBend



Driving Directions

From I-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 I-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 I-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).



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CANCER INSTITUTE AND
RESEARCH CENTER

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