









Gynecology/Oncology Surgery Enhanced Recovery CareMap

How to prepare and what to expect

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

Before Surgery Day	Surgery Day	
<p>Clinic Visit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet with your surgeon and other care team members. Learn what to expect before, during, and after surgery. <input type="checkbox"/> Sign consent papers. <input type="checkbox"/> Talk with your nurse about this CareMap. <input type="checkbox"/> Pick up your Strong for Surgery Impact Advance Recovery drink. <p>Starting 7 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop taking aspirin or other medicines that can thin your blood. <p>Starting 5 days before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat your regular diet. <input type="checkbox"/> Drink 1 box of Strong for Surgery drink 3 times a day for 5 days. <ul style="list-style-type: none"> – If you have diabetes, drink 1/2 box 6 times a day. <p>The day before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> If your surgeon instructed you to take MoviPrep and oral antibiotic medicines, take them as instructed. <input type="checkbox"/> Receive a call from the hospital with your assigned arrival time. <p>The night before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a shower with the antibacterial soap that was prescribed. <input type="checkbox"/> Before midnight, drink 8 ounces of apple juice. <input type="checkbox"/> Starting 6 hours before your surgery, do not eat anything. <div data-bbox="688 1122 846 1279">  <p>Shower</p> </div> <div data-bbox="688 1305 846 1463">  <p>Apple Juice</p> </div>	<p>Before you leave home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower with the antibacterial soap that was prescribed. <input type="checkbox"/> Drink 8 ounces of apple juice on the way to the hospital, 2 to 3 hours before your surgery time. <p>At the hospital:</p> <ul style="list-style-type: none"> <input type="checkbox"/> At your assigned arrival time, check in at Surgery Registration on the 2nd floor of the Surgery Pavilion. <input type="checkbox"/> A nurse will call you to come to the Pre-Op area. <input type="checkbox"/> An IV tube will be placed in your arm to give you fluids and medicines. <input type="checkbox"/> An Anesthesiologist will talk with you about the anesthesia (sleeping medicine) you will receive during surgery. <input type="checkbox"/> You will receive medicines by mouth for pain and to prevent nausea. <input type="checkbox"/> Wraps will be placed on your legs to help with blood flow. <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. <input type="checkbox"/> Your Surgical Team will meet with you to review your surgical plan and to answer any questions. <input type="checkbox"/> The Anesthesiology Team will take you to the operating room for surgery. 	<p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the recovery area <input type="checkbox"/> Be moved to a bed in a hospital unit <p>You will have:</p> <div data-bbox="1793 521 1961 686">  </div> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids and medicines <input type="checkbox"/> Compression devices on your legs to help with blood flow <input type="checkbox"/> A Foley catheter (tube) in your bladder to drain urine (this will be removed the day after surgery) <p>Your nurse will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your vital signs <input type="checkbox"/> Help you sit up on the side of your bed <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 <input type="checkbox"/> Answer any questions you have about your pain medicines

	Day 1	Day 2	Day 3 until Discharge	At Home
Medicine and Treatment	<ul style="list-style-type: none">❑ Medicine you received during surgery will ease pain for 72 to 96 hours. You will receive pain pills as needed.❑ You may receive medicine to ease nausea so that you can eat.❑ You will receive the drug alvimopan to help move your bowels.	<ul style="list-style-type: none">❑ Take pain pills as needed.❑ Your doctor may prescribe medicines and stool softeners to help move your bowels.❑ If you need the medicine Lovenox, your care team will teach you how to give yourself a shot of the medicine.		<ul style="list-style-type: none">❑ Taper your pain medicines, taking them only as needed.❑ Take a stool softener or laxative as prescribed.❑ If taking Lovenox, give yourself 1 shot every day for 28 days.
Diet	<ul style="list-style-type: none">❑ Receive fluids through your IV until you start drinking liquids by mouth.❑ Eat solid foods if you do not have nausea or swelling.❑ Drink 2 boxes of liquid nutrition to help you heal more quickly.	<ul style="list-style-type: none">❑ Eat a regular diet.❑ Drink 2 boxes of liquid nutrition each day to help you heal more quickly.		<ul style="list-style-type: none">❑ Eat a regular, healthy diet.❑ Drink plenty of water to stay hydrated – this is very important for your recovery.
Activity	<ul style="list-style-type: none">❑ A Physical Therapist (PT) may evaluate you.❑ Do not get out of bed without help from a PT, nurse, or patient care technician.❑ Sit in a chair for all of your meals.❑ 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 every hour.	<ul style="list-style-type: none">❑ Sit in a chair for all of your meals.❑ 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. <p>The more you move, the faster you will heal.</p> <div></div>		<ul style="list-style-type: none">❑ Keep being active. Aim to walk at least 1 mile every day.❑ Do not lift anything that weighs more than 10 pounds (1 gallon of water weighs more than 8 pounds).
Bathing	<ul style="list-style-type: none">❑ Sponge bath. <div></div>	<ul style="list-style-type: none">❑ Sponge bath or shower.	<ul style="list-style-type: none">❑ Shower by Day 3. <div></div>	<ul style="list-style-type: none">❑ Use your regular soap to shower.❑ Let water gently run over your incision area. Pat dry with a clean towel.
Planning	<ul style="list-style-type: none">❑ Ask to meet with a social worker if you have concerns about where you will go after discharge. <div></div>		<p>On Discharge Day:</p> <ul style="list-style-type: none">❑ Shower and dress in your own clothes by 9 a.m. <p>At the Pharmacy at Discharge:</p> <ul style="list-style-type: none">❑ A pharmacist will teach you about your discharge medicines.❑ If you are taking Lovenox, you will receive a supply.	<ul style="list-style-type: none">❑ Make sure your follow-up clinic visit is set for 1 to 2 weeks from your discharge day.