



PREPARATION FOR YOUR SURGERY

You need to have a pre-anesthesia appointment at the hospital, which includes: an assessment by a nurse, registration at the hospital and any pre-operative testing your surgeon has ordered. This must happen within 72 hours of your surgery. This takes place at the Preadmission Clinic ph#264-1960. Check into "Admitting" on the 2nd floor in building "A" right next to the ER on Alaska Regional's campus. This is a walk-in, first come first serve clinic, no appointment necessary and **MUST BE COMPLETED PRIOR TO SURGERY**, one, two or three days prior to surgery.

FOLLOW TWO DAY BOWEL PREP INSTRUCTIONS & CLEAR LIQUIDS FOR TWO DAYS: chicken broth, 7 up, Jell-O, weak tea, Gingerale, water.

Nothing by mouth after midnight the night before the surgery, unless told differently by your surgical provider. This means no food, no water, no chewing gum, no chewing tobacco, no candy, no smoking, no soda, no coffee.

Shower the night before your surgery.

Arrange transportation to and from the hospital. Remember, if you have general anesthesia you will not be allowed to leave the hospital unless you are accompanied by a responsible adult.

DAY OF SURGERY

- **Your procedure is scheduled for date:** _____
- **Location:** Alaska Regional Medical Center: 2801 DeBarr Rd Anchorage, AK 99508
- **Your surgical provider is:** _____

Go to the Surgery Department at the time you are told. If you are late your surgery might be cancelled and need to be rescheduled.

Do Not bring cash or valuables, such as jewelry or airline tickets.

Do Not use perfumes, lotions, or powder the day of your surgery.

Do Not wear contact lenses the day of your surgery.

Do Not wear finger nail polish, artificial nails, or make up the day of your surgery.

Do Not bring any children that need to be cared for.

Wear loose, comfortable clothing that is easy to take off and put on. You should wear clothes that will be comfortable with your sutures and dressing following your surgery.

AFTER SURGERY

NO lifting over **10 pounds** for **4 to 6 weeks**, or until you talk to your surgical provider.

PELVIC REST (**No sex, tampons, or douching in your vagina**) for **12 weeks or as advised** by your surgical provider.

You can take showers.

Do Not take a tub bath or steam bath **until you speak with your surgical provider.**

Keep incision/ wound area clean and dry as possible.

Practice good hand washing to prevent infection.

Deep breathing and coughing exercise

Take **prescribed** pain medication as instructed.

Sutures may be present in the vagina which may cause a vaginal odor and or a discharge.

*If you are taking a narcotic pain medication **do not** drive or operate heavy equipment.*

Keep medication bottles away from children.

Narcotic pain medication can cause constipation. To avoid constipation:

- ✓ Walk around
- ✓ Drink at least 8 glasses of fluid a day
- ✓ Eat fruit, vegetables (Prunes if you like them) and increase the fiber in your diet
- ✓ Stool softener (Docusate)

Call Alaska Women's Cancer Care (562-4673) or go to the Emergency Department if:

- Fever of 101 or above
- Chills
- Severe abdominal pain, not responding to medicine
- Heavy vaginal bleeding, discharge with foul odor and/or itching
- Redness, bleeding or discharge at incision site/ wound
- Pain or swelling in your legs

Call "G" our nurse at 562-4673 if you have any questions.

Your follow up appointment is scheduled for: _____