



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 at Providence; check into the "Admitting" desk. This is a walk in, first come, first serve clinic, but it is advisable that you make an appointment, ph# 212-3112, to cut down on your wait time. This **MUST BE COMPLETED PRIOR TO SURGERY**, one, two or three days prior to surgery. Directions: On the Providence campus, 3200 Providence Drive Anchorage, AK 99508 enter through the "Main Entrance" AKA "Entrance #3" and check in at the "Admitting" desk.

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.

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: Providence Alaska Medical Center: 3200 Providence Drive, Anchorage, AK 99508
Check in at the "Day Surgery" desk through "Entrance #2" by the Emergency Room.

Your surgical provider is: _____

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" at 562-4673 if you have any questions.

Your follow up appointment is scheduled for: _____