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PRE-OPERATIVE BOWEL CLEANING INSTRUCTIONS:

Buy 1 bottle of MAGNESIUM CITRATE AND 1 FLEET ENEMA. You will not need a prescription as items can be purchased over the counter at your local pharmacy.

ONE DAY PRIOR TO SURGERY:

- Take in only a CLEAR LIQUID diet consisting of clear chicken or beef broth, jello, tea, coffee, clear soda pop, apple juice, cranberry juice or white grape juice.
- DRINK 1 bottle of MAGNESIUM CITRATE at 2:00pm

YOU SHOULD DRINK FLUIDS UNTIL BEDTIME, BUT NOTHING TO DRINK AFTER MIDNIGHT.

**** For patients having surgery at Edward Hospital:** Please follow directions given by the Pre-Testing Nurses regarding Gatorade and Acetaminophen

DAY OF SURGERY:

Use the FLEET ENEMA as directed by sitting on the toilet.

- There will be a reminder phone call from the hospital the day prior to procedure (typically any time after 3pm) to confirm the procedure time and check in time.

If you have any questions, please feel free to contact our office at any time.

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PREPARING FOR SURGERY:

- Stop taking medications that may prolong bleeding 7 days prior to surgery:
 - Aspirin, Ibuprofen, Vitamin E, St. John's Wart, etc.
- Contact your PCP or Internal Medicine physician to inform him/her of your upcoming surgery. Ask if you will need to be examined by your physician to grant medical clearance for surgery.
- If you have a history of heart conditions, you will need to contact your Cardiologist's office to ask for cardiac clearance for surgery.
- The Pre-Testing Department at the hospital where your surgery is scheduled, will be contacting you to discuss the following:
 - Medical history
 - List of current medications
 - Make an appointment for you to have the necessary testing done prior to surgery
 - Inform you of the time and where to report to at the hospital for the day of surgery

DISCHARGE INSTRUCTIONS & CARING FOR YOURSELF AFTER SURGERY:

(For patients that had an Exploratory Laparotomy/Open Surgical Procedure)

- DO NOT drive for 1-2 weeks after surgery and until you have stopped taking pain medication.
- You may shower. Cover abdominal incision with saran wrap and tape on 4 sides to keep water off incision until staples are removed.
- If you have drainage from the abdominal incisions, cover the sites with dry gauze until the drainage stops.
- If you had a hysterectomy, you may have vaginal spotting starting around 2-4 weeks after surgery; this is normal.
- Limit stairclimbing, walking, carrying objects heavier than 5 pounds, pushing heavy objects such as: vacuum cleaners, grocery carts, etc., for 2-4 weeks after surgery or until you are comfortable carrying out these activities.
- No vigorous exercising for 4 weeks after surgery
- Keep your legs elevated if you are sitting for longer than hour to avoid ankle edema.
- The upper aspect of your thighs may feel numb, this is normal and will resolve.
- Your post-operative appointment should be scheduled 7-10 days after your surgery.

CALL YOUR DOCTOR IF THE FOLLOWING CONDITIONS OCCUR:

- You have a fever of 100.5 or higher
- Vomiting and abdominal distension
- Redness, warmth, or tenderness of the skin on the abdomen