

**SUDARSHAN K. SHARMA M.D.**  
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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 a Da Vinci Robotic surgery)**

- DO NOT drive for 1-2 weeks after surgery and until you have stopped taking pain medication.
- Leave the plastic coverings over the abdominal incisions until the coverings fall off (this should happen around 2 weeks after surgery).
- You may shower. If you had a hysterectomy, DO NOT take a tub bath for 4 weeks after surgery.
- If you have drainage from any of 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