

ENHANCED RECOVERY AFTER SURGERY (ERAS) FOR PATIENTS HAVING A HYSTERECTOMY

PATIENT INFORMATION GUIDE



How to prepare the weeks for my upcoming surgery:

Talk with your Doctor about your medical conditions, medications you are taking and expectations you have about your surgery. Increasing exercise preoperatively may be of benefit to prepare your body for surgery. Smoking cigarettes/marijuana, vaping, e-cigarettes, alcohol, and any other drugs should be stopped 4 weeks before your scheduled surgery.

Preoperative Day before surgery:

You will be given and instructed on the use of Chlorhexidine soap the night before and morning of surgery. This soap is to be used from the neck down, avoiding the eyes, ears, mouth, face, and genitals.

Avoid bowel preparation, unless otherwise stated by your medical provider.

Your diet will have a timeline and be very specific to help prepare your body for surgery and recovery:

You will be given or asked to purchase two 12 ounce Gatorade or Powerade bottles to drink the night before and morning of your surgery, specified in time line below (**If you are diabetic this should be sugar free**):

8 HOURS Up until 8 hours before your scheduled surgery time, you may eat meals that are low in fat and drink one 12-ounce bottle of Gatorade or Powerade at this time. If you are diabetic this Gatorade or Powerade should be Sugar-Free.

6 HOURS before your scheduled surgery you should eat a small carbohydrate only meal (Banana, rice, apple sauce/apple, toast). **NO FATS OR PROTEINS.**

You can continue to drink clear liquids up to two hours before your scheduled surgery. Examples of clear liquids are apple juice, cranberry juice, water, gelatin (no fruits or additives), popsicle (NO fruit, pulp, ice-cream, or yogurt in popsicle).

2 HOURS before your scheduled surgery time, drink the second 12-ounce bottle of Gatorade or Powerade. Once you drink the 12-ounce bottle of Gatorade or Powerade, nothing else to eat or drink from this point on.

Postoperative (after your surgery):

After your surgery you will be transferred to the recovery area in which a nurse will continue to monitor your progress after your surgery. To help with your lung function you may be given an Incentive Spirometer. This small device will help you to expand and fill your lungs with air.

From this point your doctor may discharge you home with instructions and follow-up appointments or you may be encouraged to have an overnight postoperative stay at the hospital.

For any other concerns or questions please contact your medical provider or NCH Hospital Pre-admission testing for further information regarding instructions to prepare for your Enhanced Recovery After Surgery.