Patient & Caregiver Education

Ovarian Cancer Surgery Pathway

These are goals for your recovery. Your experience might not follow this pathway exactly. Your doctor or nurse will tell you what to expect. Read your About Your Total Abdominal Hysterectomy and Other Gynecologic Surgeries guide for more information.

<table>
<thead>
<tr>
<th>What should I do?</th>
<th>1 Day Before Surgery</th>
<th>Day of Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 to 2 Weeks Before Surgery</strong></td>
<td><strong>1 Day Before Surgery</strong></td>
<td><strong>Day of Surgery</strong></td>
</tr>
<tr>
<td>What should I do?</td>
<td>1 Day Before Surgery</td>
<td>Day of Surgery</td>
</tr>
<tr>
<td>Follow the instructions in your surgical guide.</td>
<td>- Wash with Hibiclens® (if your doctor or nurse told you to).</td>
<td>The morning before surgery:</td>
</tr>
<tr>
<td>Practice using your incentive spirometer.</td>
<td>- Check that your caregiver knows your discharge plan.</td>
<td>- Wash with Hibiclens.</td>
</tr>
<tr>
<td>Make a discharge plan with your caregiver.</td>
<td></td>
<td><strong>After surgery:</strong></td>
</tr>
<tr>
<td>What tests, procedures, and medical devices will I have?</td>
<td></td>
<td>- Sit up in your bed.</td>
</tr>
<tr>
<td>Presurgical testing appointment:</td>
<td>- A staff member will call you. They will tell you where and when you should arrive for surgery.</td>
<td>- Dangle your feet over the side of your bed.</td>
</tr>
<tr>
<td>- Bring a list of all medications you take.</td>
<td>- If you have any questions, call your doctor’s office.</td>
<td>- Use your incentive spirometer 10 times each hour you’re awake.</td>
</tr>
<tr>
<td>Your nurse practitioner may order more tests or appointments.</td>
<td></td>
<td>Placed before surgery:</td>
</tr>
<tr>
<td>Medical clearance appointment (if needed).</td>
<td></td>
<td>- Intravenous (IV) line</td>
</tr>
<tr>
<td>Ostomy site marking (if needed).</td>
<td></td>
<td>- Epidural catheter in your spine (if you decide to have one)</td>
</tr>
<tr>
<td>What medications will I take?</td>
<td></td>
<td>- Compression boots</td>
</tr>
<tr>
<td>Follow your doctor’s instructions for when to stop taking blood thinners such as aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), and herbal supplements.</td>
<td></td>
<td>Placed during surgery:</td>
</tr>
<tr>
<td>Ask your doctor what to do for other medications you’re taking.</td>
<td></td>
<td>- Urinary (Foley®) catheter</td>
</tr>
<tr>
<td>What can I eat and drink?</td>
<td></td>
<td>The morning before surgery:</td>
</tr>
<tr>
<td>Eat a well-balanced, healthy diet.</td>
<td></td>
<td>- Take only the medications your doctor or nurse told you to take.</td>
</tr>
<tr>
<td>Follow your doctor’s instructions.</td>
<td></td>
<td>After surgery, you will get:</td>
</tr>
<tr>
<td>Do not eat or drink after midnight.</td>
<td></td>
<td>- Pain medication.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Medication for nausea (if needed).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Your normal medications.</td>
</tr>
</tbody>
</table>

Surgery date: ________________
Expected discharge date: ____________
### 1 Day After Surgery

**What should I do?**
- Sit in your chair during meals.
- Walk to the bathroom.
- Use your incentive spirometer 10 times each hour you're awake.
- Wash your hands before and after meals.

**What tests, procedures, and medical devices will I have?**
- Your Foley catheter may be removed.
- You will have an IV line for fluids and some medications.
- If you have an epidural catheter, it will be used for pain medication.
- You may have acupuncture therapy.
- You will wear compression boots when you’re in bed.

**What medications will I take?**
- You will get these orally (by mouth), in your IV line, or in your epidural catheter:
  - Pain medications
  - Medication for nausea (if needed)
  - Some of your usual medications
  - Blood thinner injection (shot)

**What can I eat and drink?**
- Try eating your normal food.
- Eat small, frequent meals.
- Drink liquids throughout the day.

### 2 Days After Surgery

**What should I do?**
- Sit in your chair during meals.
- Shower with Hibiclens.
- Walk ½ lap around the unit.
- Use your incentive spirometer 10 times each hour you're awake.
- Wash your hands before and after meals.

**What tests, procedures, and medical devices will I have?**
- You may have an IV line if needed for fluids or medications.
- If you have an epidural catheter, it will be used for pain medication.
- You may have acupuncture therapy.
- You will wear compression boots when you’re in bed.

**What medications will I take?**
- You will get these orally, in your IV line, or in your epidural catheter:
  - Pain medications
  - Medication for nausea (if needed)
  - Some of your usual medications
  - Blood thinner injection

**What can I eat and drink?**
- Eat your normal food.
- Eat small, frequent meals.
- Drink liquids throughout the day.

### 3 Days After Surgery

**What should I do?**
- Talk about your discharge plan with your caregiver and healthcare team.
- Sit in your chair during meals.
- Shower with Hibiclens.
- Walk more than ½ lap around the unit.
- Use your incentive spirometer 10 times each hour you're awake.
- Wash your hands before and after meals.

**What tests, procedures, and medical devices will I have?**
- If you have an IV line, it will be removed when no longer needed for fluids or medications.
- If you have an epidural catheter, it will be removed when no longer needed for pain medication.
- You may have acupuncture therapy.
- You will wear compression boots when you’re in bed.

**What medications will I take?**
- You will get most or all of these orally:
  - Pain medications
  - Medication for nausea (if needed)
  - Some of your usual medications
  - Blood thinner injection

**What can I eat and drink?**
- Eat your normal food.
- Eat small, frequent meals.
- Drink liquids throughout the day.

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Notes

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