

Ovarian Cancer Surgery Pathway

Surgery date: _____
Expected discharge date: _____

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.

	1 to 2 Weeks Before Surgery	1 Day Before Surgery	Day of Surgery
What should I do?	<ul style="list-style-type: none"> Follow the instructions in your surgical guide. Practice using your incentive spirometer. Make a discharge plan with your caregiver. 	<ul style="list-style-type: none"> Wash with Hibiclens® (if your doctor or nurse told you to). Check that your caregiver knows your discharge plan. 	<p>The morning before surgery:</p> <ul style="list-style-type: none"> Wash with Hibiclens. <p>After surgery:</p> <ul style="list-style-type: none"> Sit up in your bed. Dangle your feet over the side of your bed. Use your incentive spirometer 10 times each hour you're awake.
What tests, procedures, and medical devices will I have?	<ul style="list-style-type: none"> Presurgical testing appointment: <ul style="list-style-type: none"> Bring a list of all medications you take. Your nurse practitioner may order more tests or appointments. Medical clearance appointment (if needed). Ostomy site marking (if needed). 	<ul style="list-style-type: none"> A staff member will call you. They will tell you where and when you should arrive for surgery. If you have any questions, call your doctor's office. 	<p>Placed before surgery:</p> <ul style="list-style-type: none"> Intravenous (IV) line Epidural catheter in your spine (if you decide to have one) Compression boots <p>Placed during surgery:</p> <ul style="list-style-type: none"> Urinary (Foley®) catheter
What medications will I take?	<ul style="list-style-type: none"> Follow your doctor's instructions for when to stop taking blood thinners such as aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), and herbal supplements. Ask your doctor what to do for other medications you're taking. 	<ul style="list-style-type: none"> Take only the medications your doctor or nurse told you to take. Start your bowel preparation with antibiotics (if your doctor or nurse told you to). 	<p>The morning before surgery:</p> <ul style="list-style-type: none"> Take only the medications your doctor or nurse told you to take. <p>After surgery, you will get:</p> <ul style="list-style-type: none"> Pain medication. Medication for nausea (if needed). Your normal medications.
What can I eat and drink?	<ul style="list-style-type: none"> Eat a well-balanced, healthy diet. 	<ul style="list-style-type: none"> Follow your doctor's instructions. Do not eat or drink after midnight. 	<ul style="list-style-type: none"> 2 hours before your scheduled arrival time, drink ClearFast®. After you finish the ClearFast, do not eat or drink anything else.

	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery Until Discharge
What should I do?	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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?	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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?	<ul style="list-style-type: none"> • You will get these orally (by mouth), in your IV line, or in your epidural catheter: <ul style="list-style-type: none"> – Pain medications – Medication for nausea (if needed) – Some of your usual medications • Blood thinner injection (shot) 	<ul style="list-style-type: none"> • You will get these orally, in your IV line, or in your epidural catheter: <ul style="list-style-type: none"> – Pain medications – Medication for nausea (if needed) – Some of your usual medications • Blood thinner injection 	<ul style="list-style-type: none"> • You will get most or all of these orally: <ul style="list-style-type: none"> – Pain medications – Medication for nausea (if needed) – Some of your usual medications • Blood thinner injection
What can I eat and drink?	<ul style="list-style-type: none"> • Try eating your normal food. • Eat small, frequent meals. • Drink liquids throughout the day. 	<ul style="list-style-type: none"> • Eat your normal food. • Eat small, frequent meals. • Drink liquids throughout the day. 	<ul style="list-style-type: none"> • Eat your normal food. • Eat small, frequent meals. • Drink liquids throughout the day.

Notes _____
