

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

	1 Day After Surgery	2 Days After Surgery	3 Days After Surgery Until Discharge
What should I do?	<ul style="list-style-type: none"> <li>• Sit in your chair during meals.</li> <li>• Walk to the bathroom.</li> <li>• Use your incentive spirometer 10 times each hour you're awake.</li> <li>• Wash your hands before and after meals.</li> </ul>	<ul style="list-style-type: none"> <li>• Sit in your chair during meals.</li> <li>• Shower with Hibiclens.</li> <li>• Walk ½ lap around the unit.</li> <li>• Use your incentive spirometer 10 times each hour you're awake.</li> <li>• Wash your hands before and after meals.</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about your discharge plan with your caregiver and healthcare team.</li> <li>• Sit in your chair during meals.</li> <li>• Shower with Hibiclens.</li> <li>• Walk more than ½ lap around the unit.</li> <li>• Use your incentive spirometer 10 times each hour you're awake.</li> <li>• Wash your hands before and after meals.</li> </ul>
What tests, procedures, and medical devices will I have?	<ul style="list-style-type: none"> <li>• Your Foley catheter may be removed.</li> <li>• You will have an IV line for fluids and some medications.</li> <li>• If you have an epidural catheter, it will be used for pain medication.</li> <li>• You may have acupuncture therapy.</li> <li>• You will wear compression boots when you're in bed.</li> </ul>	<ul style="list-style-type: none"> <li>• You may have an IV line if needed for fluids or medications.</li> <li>• If you have an epidural catheter, it will be used for pain medication.</li> <li>• You may have acupuncture therapy.</li> <li>• You will wear compression boots when you're in bed.</li> </ul>	<ul style="list-style-type: none"> <li>• If you have an IV line, it will be removed when no longer needed for fluids or medications.</li> <li>• If you have an epidural catheter, it will be removed when no longer needed for pain medication.</li> <li>• You may have acupuncture therapy.</li> <li>• You will wear compression boots when you're in bed.</li> </ul>
What medications will I take?	<ul style="list-style-type: none"> <li>• You will get these orally (by mouth), in your IV line, or in your epidural catheter: <ul style="list-style-type: none"> <li>– Pain medications</li> <li>– Medication for nausea (if needed)</li> <li>– Some of your usual medications</li> </ul> </li> <li>• Blood thinner injection (shot)</li> </ul>	<ul style="list-style-type: none"> <li>• You will get these orally, in your IV line, or in your epidural catheter: <ul style="list-style-type: none"> <li>– Pain medications</li> <li>– Medication for nausea (if needed)</li> <li>– Some of your usual medications</li> </ul> </li> <li>• Blood thinner injection</li> </ul>	<ul style="list-style-type: none"> <li>• You will get most or all of these orally: <ul style="list-style-type: none"> <li>– Pain medications</li> <li>– Medication for nausea (if needed)</li> <li>– Some of your usual medications</li> </ul> </li> <li>• Blood thinner injection</li> </ul>
What can I eat and drink?	<ul style="list-style-type: none"> <li>• Try eating your normal food.</li> <li>• Eat small, frequent meals.</li> <li>• Drink liquids throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Eat your normal food.</li> <li>• Eat small, frequent meals.</li> <li>• Drink liquids throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Eat your normal food.</li> <li>• Eat small, frequent meals.</li> <li>• Drink liquids throughout the day.</li> </ul>

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_