



PATIENT & CAREGIVER EDUCATION

Gynecology Service: What You Should Know About Going Home

This information will help you get ready to leave the hospital after your gynecologic surgery or procedure.

When you will leave the hospital

You'll be ready to leave the hospital when:

- Your stomach makes sounds showing that your bowels are working as they normally do. You don't need to have a bowel movement (poop) before you're discharged (released from the hospital).
- You're able to eat solid food. It may take several weeks for your appetite to be the same as it was before your surgery. You must be able to eat some solid foods before you leave the hospital.
- You're not in too much pain. You may have some discomfort after surgery, but your healthcare provider will prescribe you pain medicine to help. The medicine should make you comfortable enough to recover at home.

- You're able to get up and walk. Some people may need to see a physical therapist (PT) to help with their recovery. Others may need to go to a rehabilitation facility or nursing home setting.

Getting ready to leave the hospital

Your healthcare provider will let you know what day you're likely to be discharged from the hospital. Most people are discharged by 11:00 a.m.

Your incisions (surgical cuts) may be closed with staples. If you go home before the staples are removed, your healthcare provider will tell you when to make an appointment to have them taken out.

Some people may go home with:

- A Foley[®] catheter (a thin, flexible tube) to drain urine (pee) from their bladder
- A drain in their abdomen (belly)
- An open wound
- An ostomy (opening made in the wall of their abdomen to drain urine or stool)

If you go home with any of these, your nurse will teach you how to care for them. If you need any supplies, your healthcare provider will order them for you. A visiting nurse

may come to your home, if needed.

Your healthcare provider will tell you when the drain or catheter will be removed and an appointment will be scheduled for you.

You'll get a prescription for medicine, instructions on how to care for your incisions, and phone numbers where you can reach your healthcare provider. Please keep this information in a safe place.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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