

Getting Ready for Your Gynecological Procedure with Anesthesia

This factsheet explains how to get ready for your procedure with anesthesia. It also tells you what to expect at the hospital. We know you may feel anxious about your procedure, and we will do everything we can to make you feel safe.

Procedure date: _____

Surgeon's name: _____

- Gynecologic surgical oncology nurses: 801-581-3552
- Same-day surgery front desk: 801-646-9064
- After-hours doctor on call: 801-587-7000

Contact your surgeon by sending a MyChart message or calling the nurse line: 801-581-3552.

When Planning Your Procedure

Be sure to tell your health care team all the medicines and supplements you take, including:

- Prescription medicines
- Over-the-counter medicines
- Vitamins and other supplements
- Herbal remedies

Some medicines can cause problems during and after your procedure. Your surgeon may ask you to change or stop taking them.

One Month Before Your Procedure

Stop smoking and using nicotine. Smoking slows the healing process and increases your risk of infection.

If you smoke or use nicotine, stop at least 30 days before your procedure date. This includes vaping, chewing tobacco, nicotine patches, and nicotine gum.

Avoid secondhand smoke. Ask people who smoke in your home to stop smoking or to smoke outside.

One Week Before Your Procedure

Stop taking herbal remedies, supplements, and vitamins, and supplements. These can raise your risk of bleeding or react with the medicines your health care team will give you.

It is okay to keep taking Vitamin C, D, B12, folate, and zinc if your doctor has prescribed them.

Stop taking aspirin or products that have aspirin. This includes Alka Seltzer®, Bayer®, and Excedrin®. If you take any of these medicines, stop taking them one week before your procedure.

Talk to your surgeon if you take aspirin to prevent stroke or heart problems.

Three Days Before Your Procedure

Stop taking medicines that thin your blood. If you take any of the medicines below, stop taking them three days before your procedure.

- Ibuprofen (Advil® or Motrin®)
- Naproxen (Aleve®)

You may take acetaminophen (Tylenol®), if needed.

Talk with your care team about your medicines. A nurse will call you three days before your procedure to go over your health history. We will let you know which medicines to keep taking and which ones to stop.

One Day Before Your Procedure

Stop smoking and vaping. Do not smoke, vape, or use other nicotine products like patches, gum, or chewing tobacco for at least 24 hours before your procedure.

Stop using marijuana. Do not smoke marijuana, eat or drink edibles, or use other products with marijuana for at least 24 hours before your procedure.

Stop drinking alcohol. Do not drink anything with alcohol for at least 24 hours before your procedure. Alcohol can react with anesthesia or other drugs.

After 2 pm, our pre-op staff will call you to let you know what time to arrive for your procedure. If your voicemail does not say your name, we cannot leave a message. We may also send you a MyChart message.

After 4 pm, if you have not received a call or message, call the same-day surgery front desk at 801-646-9064. If your surgery is scheduled for a Monday, call after 4 pm on the Friday before. If we are not able to reach you, your procedure may be cancelled.

In the evening, shower and wash the surgery areas with an antiseptic cleanser or antibacterial soap.

The Day of Your Procedure

If your care team gave you a copy of the *Pre-Surgical NPO Guidelines*, follow those instructions about what to eat or drink before your procedure.

Take any medicines that your care team told you to continue taking. Do not bring any medicines to the hospital unless your care team tells you to.

Wear comfortable, loose clothes that leave room for bandages and surgical dressings.

Do not wear any makeup, sprays, deodorant, creams, or lotions. Remove nail polish so your care team can see your skin and nail color and monitor your circulation.

Do not wear any jewelry, including wedding rings. Leave valuable personal belongings at home.

You can wear glasses, contact lenses, dentures, and hearing aids and take them off before your procedure.

Bring the following things with you to the hospital:

- A friend or family member (age 18 or older).
- Your photo ID.
- Your insurance card.
- Payment for insurance co-pays or deductibles.
- Any oxygen equipment or other medical devices you use daily (CPAP, BiPAP, inhaler, cane, etc.).
- A small bag with a change of clothes, toiletries, and any electronic devices and chargers you may need.

When You Arrive at the Hospital

Huntsman Cancer Hospital is located at 1950 Circle of Hope Drive in Salt Lake City, Utah. You can use our free valet service between 7 am and 5:30 pm Monday through Friday, or you can park in the patient garage.

Your appointment will be on the third floor of either Hospital North or Hospital South. Follow the instructions you were given in your pre-op call. Go to the surgery waiting area and check in at the desk.

After you check in, give your wallet and other items to the family member or friend with you. You can also ask your care team to put them in the hospital vault.

A staff member will take you to a room. Your care team will answer any questions and prepare you for your procedure.

After Your Procedure

Most people who have a same-day procedure are ready to go home 1-4 hours after the procedure is done.

Depending on the procedure you have and the type of anesthesia or medications you receive, you might need to stay longer. If you need inpatient care, your surgeon will arrange for you to stay in the hospital.

We will make sure of these things before you go home:

- Your vital signs are stable.
- Your pain is under control.
- You can walk with minimal help.
- You can urinate (only for some procedures).

When You Go Home

For your safety, you will not be allowed to drive or take a taxi home alone after your procedure. Ask a friend or family member to drive you or ride home with you.

We recommend asking a friend or family member who is 18 or older to stay with you for the first 24 hours after your procedure.

Please let your care team know right away if you do not have someone who can take you home or anyone who can stay with you after your procedure.