

## How can I get ready for surgery?

You will soon have surgery on your belly, also called your abdomen. This factsheet shows you good ways to do some common things:

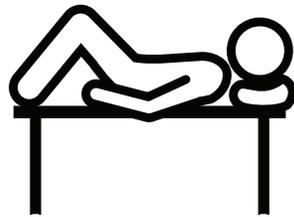
- Get out of bed
- Stand up
- Sit down
- Go up and down stairs

Practicing these things before your surgery will help you do them safely afterward. It is also important for you to walk every day before and after your surgery.

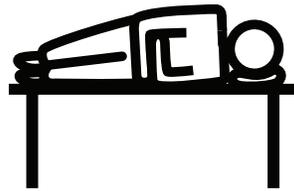
## Before the Surgery

### How do I get out of bed?

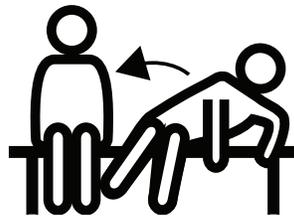
1. Lie on your back. Bend one leg and put your foot flat on the bed. Repeat with the other leg.
2. Cross your arms in front of your belly. Keep your knees together and slowly tip them toward the side of the bed. Roll your upper body to that side at the same time.
3. Push yourself into sitting position using your elbow on the bed and your other hand. At the same time, gently lower your feet toward the floor.
4. Then follow the directions on this page for standing up.



Step 1



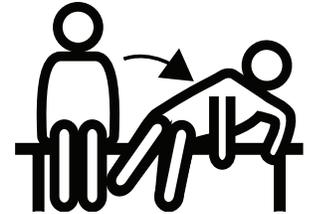
Step 2



Step 3

### How do I get into bed?

1. Sit at the edge of the bed with your feet on the floor. Lean toward the head of the bed. Use your arms to lower yourself slowly. At the same time, bring your feet up to the bed.



Step 1

2. To lie on your back, cross your arms in front of your belly. Keep your knees together and slowly tip them toward the center of the bed. Roll your upper body to that side at the same time. Keep your shoulders and your hips facing the same direction.
3. Straighten your legs one at a time.

### How do I stand up?

1. Scoot forward to the edge of the chair or bed. Put your hands beside you on the bed or seat of the chair. If the chair has arm rests, put your hands there.
2. Put your feet flat on the floor in front of you, apart as wide as your hips. Keep your back straight and lean forward.
3. Using your legs, stand up. Push off the bed or chair with your hands at the same time.



Stand up or sit down

### How do I sit down?

1. Stand in front of the chair or bed with the backs of your legs touching the edge.
2. Look behind you to make sure you are lined up with the chair or bed.
3. Reach for the chair or bed with your hands as you gently lower yourself to a sitting position.

*continued on page 2*

