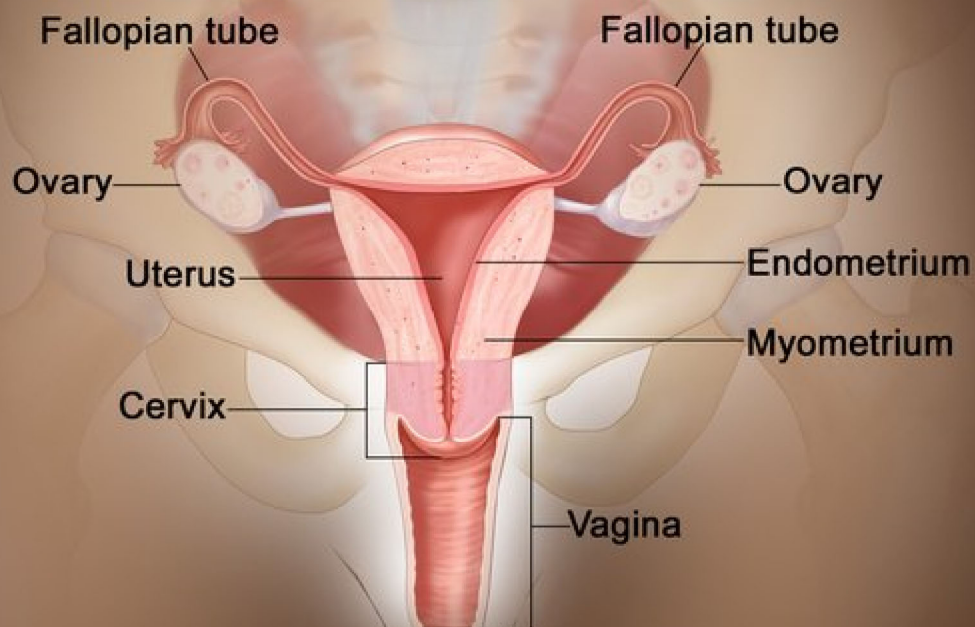


Female Reproductive System



Getting Ready for Surgery on the Abdomen

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:

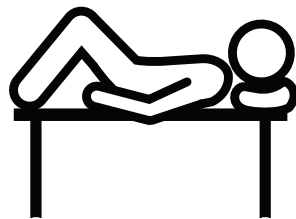
- Get out of bed
- Stand up
- Sit down
- Go up and down stairs

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.

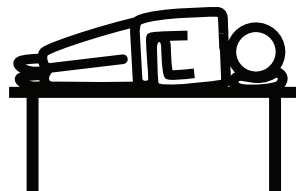
Before the Surgery

How do I get out of bed?

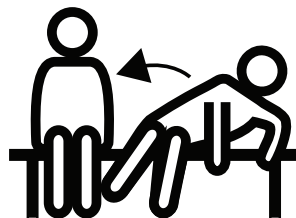
1. Lie on your back. Bend one leg and put your foot flat on the bed. Repeat with the other leg.
2. Cross your arms in front of your belly. Keep your knees together and slowly tip them toward the side of the bed. Roll your upper body to that side at the same time.
3. Push yourself into sitting position 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



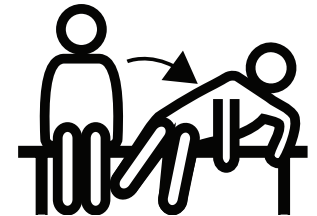
Step 2



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

You can practice on chairs and beds of different heights at home. Here are the heights of seats in the hospital room:

- Bed – about 28 inches
- Rocking chair – about 16 inches
- Bedside chair – about 18 inches
- Toilet – about 19 inches

How do I go up and down stairs?

Always use the handrail.

Practice going up and down these two ways:

- The usual way, putting one foot on the next step, then the other foot on the step after that
- Putting both feet on a step before going to the next
 - Going up, step with your strongest leg first
 - Going down, step with your weaker leg first



Climb stairs

What about walking?

You need to walk four times every day before your surgery. Rest when walking starts to feel hard. Keep track of how far you go. Try to go a bit farther each time you walk. If you use a cane or walker, be sure to bring them to the hospital when you come for your surgery.



Walk

Walking now will help you stay strong after your surgery. Your care team will want you to start walking within a few hours after you get to your hospital room.

What happens after my surgery?

A licensed physical therapist (PT) will be part of your care team while you are in the hospital. PTs help you with exercise plans to gain back your strength, move, and do daily tasks after your surgery.

Your Notes

Preventing Constipation from Pain Medicines

Constipation

When your bowel movements are difficult or don't happen often, you have constipation. It is a common side effect of many pain medicines, including the following:

- Hydrocodone – in Lortab®, Norco®, or Vicodin®
- Oxycodone – in Oxycontin or Percocet
- Morphine
- Fentanyl patches

If you take one or more of these for pain, it is a good idea to take medicines that help prevent constipation.

Before you start taking pain medicine, talk to your doctor if you haven't had a bowel movement in more than five days. Also tell your doctor if you have nausea, vomiting, or very hard stool.

Medicines

There are two kinds of constipation medicines: stool softeners and laxatives. Stool softeners keep water in your colon, creating softer stools. Laxatives help move stool through your body.

Sennosides and docusate. Many medicines that help with constipation have ingredients called sennosides, or senna, and docusate in them. Sennosides are laxatives and docusate is a stool softener. Many products combine sennosides and docusate in one pill.

Polyethylene glycol. Medicines containing polyethylene glycol are potent stool softeners.

The column at the right has more information about constipation medicines and common brand names.

Finding the Right Dose

The amount of constipation medicine to take varies from person to person. Keep a record of your bowel movements and dosage of constipation medicine you have taken to learn what works best for you. If your pain medicine dose changes, you will probably also need to adjust your dose of constipation medicine.

Sennosides and Docusate. Start with a dose of 8.6 mg sennosides and between 50 mg and 100 mg of docusate. Take this amount once or twice a day. You may feel the effects after one to four doses. The goal is to have a normal, comfortable bowel movement at least every other day.

If you don't have a bowel movement by the end of the second day, increase your bedtime dose by one pill. If you still don't have a bowel movement, increase the morning dose by one pill the next day. If you don't have a bowel movement in more than five days or have nausea, vomiting, or very hard stool, call your doctor.

Polyethylene Glycol. If medicine with sennosides and docusate doesn't work for you, take 17 g (about 4¼ level teaspoons) of polyethylene glycol dissolved in a cup of juice or water. The bottle cap may be marked at 17 g so you can use it to measure.

Some people find that polyethylene glycol works better for them than sennosides and docusate.

At your next appointment, it is important to tell your doctor what constipation medicine you are taking and the dose.

Constipation Medicines

These constipation medicines are available at the Huntsman Cancer Institute Outpatient Pharmacy.

- Senna-S (8.6 mg sennosides, 50 mg docusate)
- Senna (8.6 mg sennosides)
- Docusate (100 mg)
- Senna - liquid form (8.8 mg/5 ml)
- Docusate - liquid form (50 mg/5 ml)
- MiraLax® (17 g polyethylene glycol)
- Polyethylene glycol (17 g)

The following brand name constipation medicines may be available at your local drug store.

- Colace® (100 mg docusate)
- Dulcoease® (100 mg docusate)
- Ex-Lax Regular Strength® (15 mg sennosides)
- Fleet Sof-Lax® (100 mg docusate)
- Phillips Liqui-Gels® (100 mg docusate)
- Peri-Colace® (8.6 mg sennosides, 50 mg docusate)

- Senna Lax® (8.6 mg sennosides, 50 mg docusate)
- Senokot-S® (8.6 mg sennosides, 50 mg docusate)

Note: Before buying a constipation medicine, read the product label. The medicine and dose may vary by brand name. Avoid products with bisacodyl or casanthranol (cascara). They may cause cramping. Some Dulcolax products with senna and docusate also contain bisacodyl.

This factsheet tells about the health experts who may care for you at Huntsman Cancer Institute (HCI).

You are the center of your care team.

The health care experts on your care team will recommend the best care available for you. You listen, ask questions, and decide what is best for you.

Usually, our patients see their doctors in clinics. If you have chemotherapy, you will get it in our Infusion Center. You do not have to stay in the hospital to be treated.

Other patients may have hospital stays to get surgery or chemotherapy. They may need to stay in the hospital if serious problems happen with their cancer.

The care teams in the clinic and in the hospital are different.

Doctors

The doctors at HCI are experienced oncologists (cancer doctors). They direct your care. You will see one or more of these doctors during your clinic visits.

- A *medical oncologist* is the main cancer doctor for most patients. These doctors treat cancer with chemotherapy and other medicines.
- A *surgical oncologist* treats cancer by removing tumors from your body. Some patients may need only surgery to treat their cancer. The surgeon may be their main cancer doctor.
- A *radiation oncologist* treats cancer tumors with focused beams of x-rays.

Many patients see more than one of these types of cancer doctors. These doctors meet often to coordinate the best way to treat each individual patient.

If you stay in the hospital, you may have different doctors. The hospital doctors work closely with your clinic doctors to make sure you get the best care.

HCI is a teaching hospital. When your hospital doctor visits your room, other health care providers and students will come along:

- A *fellow* is a licensed doctor. Fellows have finished 3 years or more of specialty training.
- *Residents and interns* also have the title of doctor. They get specialty training at HCI.
- *Medical students* are still earning their medical degrees. They may help in your care, supervised by your hospital doctor.

Advanced Practice Clinicians

At your clinic visits, you may see a nurse practitioner (NP) or physician assistant (PA). They have completed advanced medical training. NPs and PAs work with your clinic doctor. They can do exams and procedures, order tests, and write prescriptions.

If you stay in the hospital, you may also see an NP or PA who works with your hospital doctor.

Nurses

All the nurses at HCI are registered nurses (RN). Many HCI nurses have extra training in cancer care. They are oncology certified nurses (OCN).

In the clinics and the hospital, nurses give treatments and make sure you are safe. Your nurse can answer many of your questions about your care. Nurses also help you cope with side effects.

If you have a problem or question, your nurse is the best person to contact first.

In the hospital, a *case manager* coordinates your cancer care plan. Usually, this nurse helps you prepare for leaving the hospital. The case manager makes sure you have the support and care you need after you go home, such as the following:

- Home care nurses
- Equipment such as oxygen, wheelchairs, and walkers
- Physical therapy

continued on page 2

Other Care Providers

At your clinic visits, *medical assistants* check your vital signs:

- Weight
- Temperature
- Blood pressure
- Heart rate

They guide you to the exam room. These assistants can also help your doctor and nurse with procedures.

When you stay in the hospital, *health care assistants* check your vital signs. They also help you with daily activities:

- Getting out of bed
- Bathing
- Grooming

In the clinics and the hospital, *pharmacists* work with your doctors and nurses to coordinate your medicines. They can give you a lot of information about the medicines you are taking.

In the infusion clinic, pharmacists prepare your medicines in the combination and dose you need.

HCI Services for All Patients

Social workers help you cope with the emotions and life changes that come from a cancer diagnosis. They teach ways to manage stress and find support groups. Services are open to patients and family.

Our *chaplain* can give spiritual support to patients and loved ones. The chaplain can help you find meaning and comfort in difficult times. Our spiritual care service includes many faiths.

Our *registered dietitians* can give you the best advice about diet and nutrition. Consultations are free for HCI patients.

Patient Financial Services can help you with these issues:

- Working with your insurance companies to get coverage for high-cost services before treatments begin
- Making sense of medical bills, insurance plan coverage, and claims
- Setting up payment plans
- Finding state and federal programs to help pay for care, medicine, or supplies if you are not insured

We offer many wellness services for patients and their caregivers:

- Acupuncture
- Massage
- Fitness classes
- Music, art, and writing classes

Learn more at huntsmancancer.org/wellness.

Women's Sexual Health after Cancer Treatment

Some cancer treatments can cause dryness and shrinking of the vagina. This can make it painful to have sex. It can also make follow-up exams hard for your cancer care team. This factsheet gives tips to help.

Vaginal Lubricants

These act right away to ease dryness during sex. You put them in and around your vagina right before you have sex. You can also put them on the penis, other body parts, or instruments that go into your vagina.

There are three types of lubricants: water-based, silicone-based, and oil-based. Some products called hybrids have a combined water and silicone base.

- Water-based lubricants wash off easily and do not leave stains. They lose their slickness more quickly than silicone-based.
- Silicone-based lubricants stay slippery longer than water-based. They do not wash off the skin as easily. They may leave a sticky feeling even after washing.
- Do NOT use oil-based lubricants. Mineral-based oils such as baby oil and petroleum jelly can irritate your vagina. All oil-based lubricants, including vegetable oils, can make condoms less effective.
- Avoid products that have glycerin or flavors, and those that warm the skin or make it tingle.

Vaginal Moisturizers

These help ease dryness at other times than during sex. You need to use them often, up to three times a week.

Oil-based moisturizers are OK if you have no history of urinary tract infections, yeast infections, or diabetes. You may still need to use a lubricant during sex.

Vaginal Dilators

You can use dilators to gently stretch your vagina slowly over time. Some women find vaginal dilation a helpful way to return to having sex.

Dilators are made of plastic or silicone in several sizes. You need to use a lubricant with your dilator.

Where to Find These Products

You can find lubricants and moisturizers at pharmacies and online. You can find dilators at specialty shops and online. Your radiation therapy or oncology team may also provide them.

Lubricants and moisturizers will not protect you from pregnancy and sexually transmitted infections.

Vaginal Lubricants	
Type	Brands
Water-based lubricants	Astroglide® Good Clean Love® Just Like Me® K-Y Jelly® or Ultra Gel® Lubrin® Maximus® Pink® Probe Silky Light® Slippery Stuff® Sliquid® Surgilube® Sylk®
Silicon-based lubricants	Astroglide® I-D® Millennium® Just Like Me® Pink® Sliquid®
Hybrid-based lubricants	Astroglide® Liquid Silk® Sliquid®

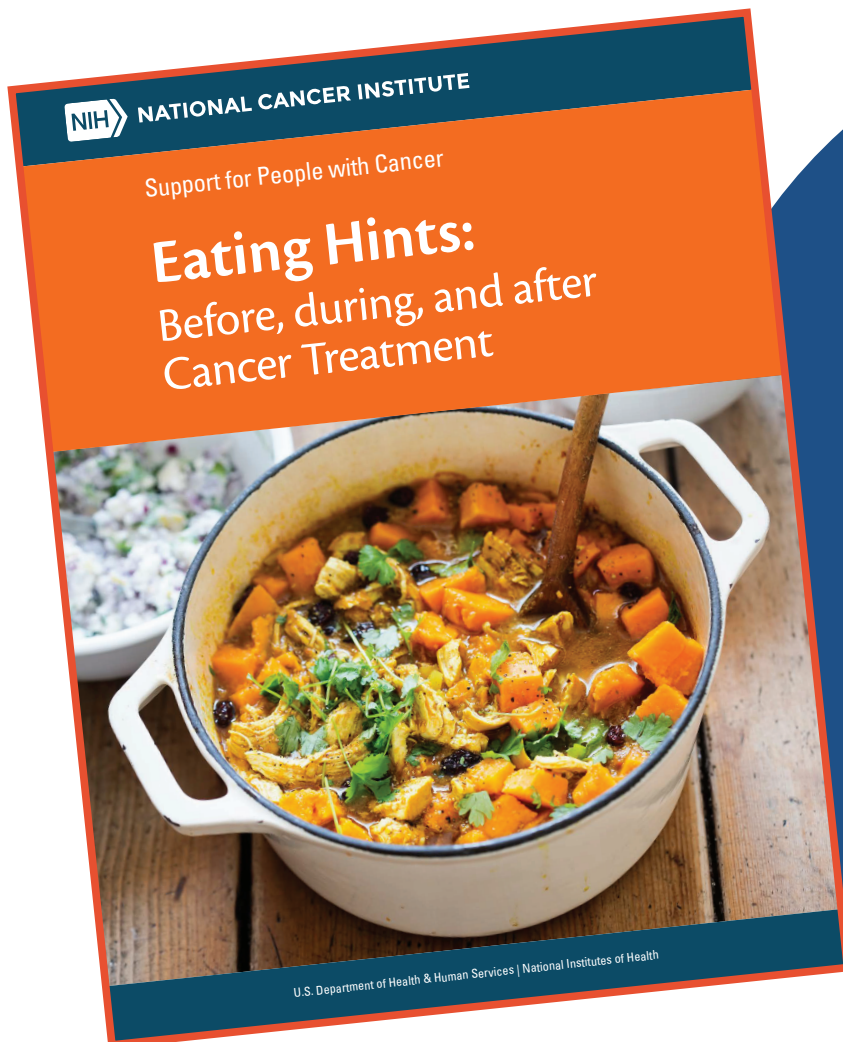
Vaginal Moisturizers	
Type	Brands
Moisturizers	Good Clean Love® Restore® Luvena® Replens® Extra virgin olive oil Vitamin E oil Coconut oil

Many brands make several types of lubricants. Read labels carefully. This list shows a sampling of common brands. Inclusion on this list does not imply endorsement from Huntsman Cancer Institute.

Adapted from “Improving Sexual Health” by University of Michigan Health System.

Helpful Nutrition Information

FROM THE National Cancer Institute



EATING HINTS is for people who are having eating problems caused by cancer treatment. Family and friends may also want to read this booklet.

This booklet covers:

- What you should know about cancer treatment, eating well, and eating problems
- How feelings can affect appetite
- Hints to manage eating problems
- How to eat well after cancer treatment ends
- Foods and drinks to help with certain eating problems
- Ways to learn more

Read or download the booklet

cancer.gov/publications/patient-education/eatinghints.pdf

For more information about nutrition and treatment side effects

visit the G. Mitchell Morris Cancer Learning Center
6th floor, Huntsman Cancer Institute Hospital
call 1-888-424-2100 • text 801-528-1112
e-mail cancerinfo@hci.utah.edu



RESOURCES AND SERVICES

at Huntsman Cancer Institute

ACUTE CARE

A team of experts provide quick care for urgent medical needs such as the following:

- Infection
- Nausea and vomiting
- Side effects of cancer treatments
- Dizziness
- and more

Ask your care team or call **801-213-4222** to make an appointment.

CANCER LEARNING CENTER

Talk with a cancer information specialist. Get help in person or by phone, text, email or live chat. Borrow books, CDs, and DVDs. Free for everyone.

Cancer Hospital South, Level 6

Library Hours: Mon–Fri, 9 am–3 pm

Contact Hours: Mon–Fri, 8 am–4 pm

1-888-424-2100 toll free

Text: 801-528-1112

cancerinfo@hci.utah.edu

HUNTSMANCANCER.ORG/CLC



FINANCIAL ADVOCATES

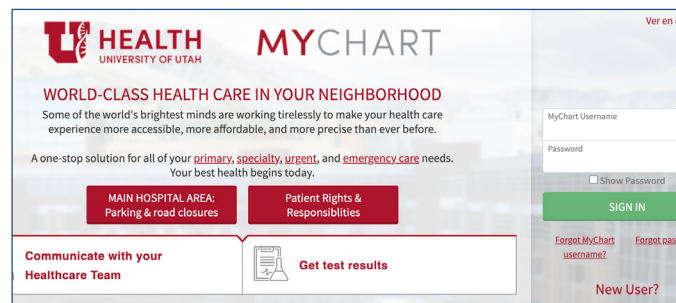
Get help understanding insurance and medical bills, or find resources to assist with the cost of care.

801-581-2957, be sure to select option 3
hchfc@hsc.utah.edu

MYCHART

Access your medical records, make appointments, get health reminders, and more. Sign up online and download the app on your mobile phone.

HEALTHCARE.UTAH.EDU/MYCHART



PATIENT & FAMILY HOUSING

Affordable and convenient lodging for patients and families coming from out of town. Amenities include weekday shuttle services, clean rooms, and friendly staff.

801-646-4271 | uuhclodging@utah.edu

PATIENT AND FAMILY SUPPORT SOCIAL WORKERS

Strong emotions and major life changes can come from a cancer diagnosis. Our social workers help patients and their loved ones cope. Free and confidential.

801-213-5699

HUNTSMANCANCER.ORG/PFS

PHARMACY

Get your prescriptions filled during your appointment, with same-day refills on most prescriptions.

801-585-0172 | 1-877-724-9291 toll free

Cancer Hospital North, Level 1

8 a.m.–7 p.m. weekdays

8 a.m.–4 p.m. Saturday

10 a.m.–2 p.m. Sunday

Closed on major holidays

REHABILITATION

Comprehensive rehabilitation services to maintain or improve physical function and independence, including the following:

- Physician consultation
- Physical therapy
- Occupational therapy
- Lymphedema therapy
- and more

Call **801-587-4091** for more information

SOCIAL MEDIA

Connect with us on Facebook, Twitter, Instagram, our blog, and more. Find news and events, read helpful tips, and hear from others affected by cancer.

@huntsmancancer

@huntsmancancerinstitute

HUNTSMANCANCER.ORG/NEWS

SPIRITUAL CARE

Multi-faith chaplains and volunteers offer spiritual support for patients and loved ones. Various religious services held weekly. Chapel and meditation room are located on the 5th floor of the cancer hospital.

801-213-2484 | 801-21-FAITH

SUPPORTIVE ONCOLOGY AND SURVIVORSHIP

A team of cancer experts committed to improving quality of life for patients during and after cancer treatment. Services include:

- Pain and symptom management
- Treatment guidance
- Emotional support

For more information or to schedule an appointment call the SOS coordinator at **801-213-4246**.

WELLNESS AND INTEGRATIVE HEALTH CENTER

Programs and services for people with cancer and their loved ones to improve quality of life:

- Acupuncture and massage
- Fitness and yoga
- Music, art, and writing workshops
- Nutrition
- and more

801-587-4585

HUNTSMANCANCER.ORG/WELLNESS

This handout highlights some of the many services available at Huntsman Cancer Institute. For more resources and information, call **888-424-2100 or visit HUNTSMANCANCER.ORG/PATIENTSERVICES**

HUNTSMAN CANCER INSTITUTE TOTAL CANCER CARE

About Total Cancer Care®

Huntsman Cancer Institute-Total Cancer Care® is a partnership between participants, health care providers, and researchers.

Our aim is to better understand the causes of cancer and improve prevention, detection, and treatment, while also providing support for your family.

Why Should I Take Part?

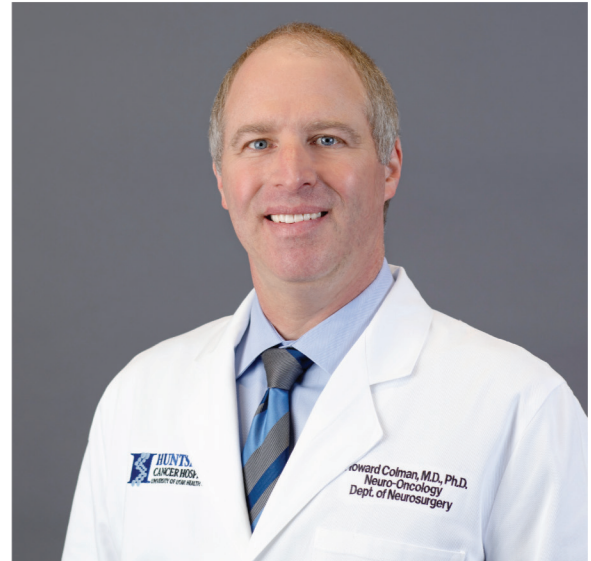
This study is an opportunity to contribute samples and information that will be used to accelerate cancer research and improve patient care. Participants like you are vital to our success.

This study also offers access to a broader set of clinical trials and new treatments through our partnership with other leading cancer centers nationally. There is no cost to be in this study.

No matter what you decide, it will not change the relationship with your health care providers or affect the quality of your care.

How to Participate

- Sign a consent form and let us have leftover tissue from routine care.
- Be willing to voluntarily give blood, if asked. We will try to draw blood when it is already being done for other medical care.
- Fill out a survey about your physical and emotional health, family history, and lifestyle.
- Allow us to contact you about future research and relevant clinical trials that may interest you.



With this study, Huntsman Cancer Institute joins other leading cancer centers in an effort to share information and samples on a national scale. Together, we have the potential to advance cancer research and benefit patients as never before.

Howard Colman

Howard Colman, MD, PhD, FAAN
Professor, Department of Neurosurgery,
Neurology, and Internal Medicine (Oncology)

Jon M Huntsman Presidential Chair in
Neuro-Oncology

Co-Leader, Experimental Therapeutics Program

Co-Leader, Center for Neurologic Cancers at
Huntsman Cancer Institute, University of Utah

Study Coordinator Contact

801-213-6113

totalcancercare@hci.utah.edu

huntsmancancer.org/totalcancercare

