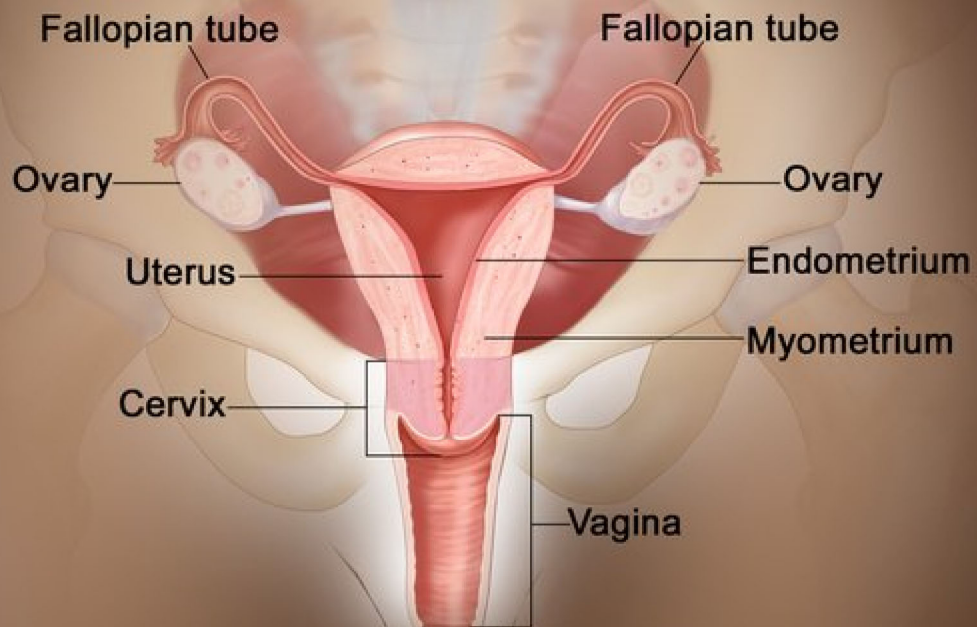


# Female Reproductive System





# Preparing for Abdominal Hysterectomy

You will have surgery to remove your uterus, called abdominal hysterectomy. You need this surgery because your doctors suspect you have uterine or ovarian cancer.

The colon, or bowel, is in the same area of your body as the uterus. The doctors may need to handle your colon during the surgery. It is important that no solid material be in your colon.

This factsheet gives step-by-step instructions to get your bowel ready for surgery.

## Beginning ONE WEEK before surgery

Do not take non-steroidal anti-inflammatory (NSAID) products such as aspirin, ibuprofen, or naproxen.

## A few days before surgery

Your surgery team will send prescriptions for Neomycin and Flagyl (metronidazole) to your pharmacy. These are antibiotics to help prevent infection. Be sure to pick them up.

Buy this item over-the-counter at a pharmacy or grocery store. You will need it the day before surgery:

- Fleets Saline Enema 1 bottle (118 milliliters)

## The day before surgery



**7 p.m.** Take 2 Neomycin tablets and 1 Flagyl (metronidazole) tablet **with food**. **Do not have any drinks that contain alcohol** until after the surgery.

Use the bottle of Fleets enema, following these steps:

1. Lie down on your left side with knees bent. You may want a thick towel or disposable pad under you to protect the bedding or floor.
2. Remove the cap from the bottle and gently insert the applicator tip into your rectum.
3. Slowly squeeze the bottle to empty it in your rectum. It is okay if a little liquid stays in the bottle.
4. Keeping the same position, hold the liquid in for 15–20 minutes, if possible. Then go to the toilet.



**9 p.m.** Take 2 Neomycin tablets and 1 Flagyl (metronidazole) tablet **with food**.



**11 p.m.** Take 2 Neomycin tablets and 1 Flagyl (metronidazole) tablet **with food**.

## After midnight

- Do not have anything to eat or drink, including water. You may gargle or rinse your mouth, but do not swallow any liquid.
- Do not use tobacco or e-cigarettes.
- Do not use chewing gum, breath mints, or lozenges.



## Getting Ready for Surgery

Name: \_\_\_\_\_

Surgeon: \_\_\_\_\_ Phone number: \_\_\_\_\_

Pre-operative clinic date: \_\_\_\_\_

Surgery date: \_\_\_\_\_ Surgical procedure: \_\_\_\_\_

- Call 801-587-4300 or 801-587-4070 after 2 p.m. the day before surgery to find out when you should arrive.
- If surgery is scheduled for a Monday, call after 2 p.m. the Friday before.
- Check in on the third floor of the Huntsman Cancer Institute (HCI) Hospital in the surgery waiting area.

### How do I get ready for surgery?

It is important that your stomach is empty on the day of surgery:

- Do not eat or drink anything after midnight the night before your surgery. You may have sips of water up to four hours before your surgery time.
- Do not chew gum or have breath mints or lozenges the day of your surgery.
- If you are a smoker, do not smoke after midnight the night before your surgery.

*If you eat or drink after these times, your surgery must be rescheduled. Having any food or water in your stomach during surgery can be life-threatening.*

**If you have questions about your surgery, call your surgeon's office.**

### What should I wear the day of surgery?

Wear loose-fitting clothing. We will give you a bag for your clothes.

- Do not wear makeup, jewelry, or fingernail polish.
- You can wear eyeglasses, contact lenses, dentures, and hearing aids to the hospital and take them off just before surgery. If you need a case, we can give you one.

### What medicine can I take before surgery?

Be sure to tell your health care team all the medicines and supplements you take. If you don't know, bring them to your pre-surgery clinic appointment. We want to make sure your medicines do not interfere with those you get during surgery.

Please follow the instructions marked below. Ask your health care team if you have any questions.

- Do not take aspirin or medicines that contain aspirin during the five days before your surgery. Ask your doctor when you can start taking these medicines again. Common examples include Bayer, Excedrin, and Alka Seltzer®.
- ***Tell your health care team if you take aspirin for heart disease or to help prevent stroke. They may have you continue taking this medication.***
- Do not take NSAIDs (anti-inflammatory medicines) during the five days before surgery. Common examples include Advil®, Motrin®, ibuprofen, and naproxen.
- Do not take any dietary supplements (vitamins or herbal) during the five days before surgery.
- If you take pain medications, please take them as needed with a small sip of water. Your pain will be easier to control after surgery.
- Take ONLY these medications with a sip of water:

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## What should I bring with me to the hospital?

- A form of ID
- Your insurance card. Be ready to pay insurance co-pays or deductibles.
- Your flex spending card for prescriptions (if you have one)
- Something to read or do while you wait for your surgery

After you check in, give your valuables to the family member or loved one with you. HCI is not responsible for items lost or stolen from your car.

## What will happen the day of surgery?

- At your appointment time, go to the third floor of the HCI Hospital. Turn left as you get off the elevator. Check in at the surgery desk.
- After you check in, a staff member will take you to a room where you will get ready for surgery.
- Your nurse will confirm your surgery time, let you know of any delays, make sure that all the testing is done, and confirm your type and location of surgery.
- Your nurse will place an IV line in your arm.
- Your anesthesiologist will visit with you and answer any questions about the pain medicines you will have. He or she may also give you medicine to help you relax before your surgery.

## When can I go home?

Most patients are ready to go home a few hours after their surgery, depending on the type of procedure. In general, you can go home when

- Your vital signs such as heart rate and blood pressure are stable.
- You are not having pain.
- You are able to drink fluids without getting sick.
- You are able to walk with only a little help.
- You are able to urinate.

Your surgeon may decide you need to stay in the hospital. If this happens, the surgeon will arrange your hospital admission after the surgery.

## Will I need a ride?

You will need to find someone to drive you home and to stay with you for 24 hours. Do not drive for at least 24 hours after your surgery or while you are taking pain medicine.

## What kind of follow-up should I expect?

In 24 to 48 hours after you go home, a nurse will call to see how you are doing. He or she will also ask you about your experience. Your responses help us reward staff members who have given exceptional care. They also help us learn how we can improve.

## How we keep you safe before and after your surgery

- We use at least two methods to make sure we have the correct patient for the correct procedure.
- Your surgeon will mark your skin to make sure they operate at the right place on your body.
- We give you antibiotics before your surgery to prevent infection.
- We wash our hands before and after meeting with each patient.
- We ask you to tell us if anything worries you or seems unsafe.
- We ask you to call for help each time you want to get up while in the hospital. Some medicine can make you more likely to fall. We want to help, we have time, and it is our privilege to assist you.

## Presurgery Checklist

- Call 801-587-4300 after 2 p.m. the day before your surgery to find out what time to come.
- After midnight the night before your surgery, do not eat or drink anything and do not smoke.
- Follow your nurse's instructions about which medicines to take and when.
- Bring your ID, insurance and flex spending cards, and something to read or do while you wait.
- Find someone to drive you home.

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](http://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®

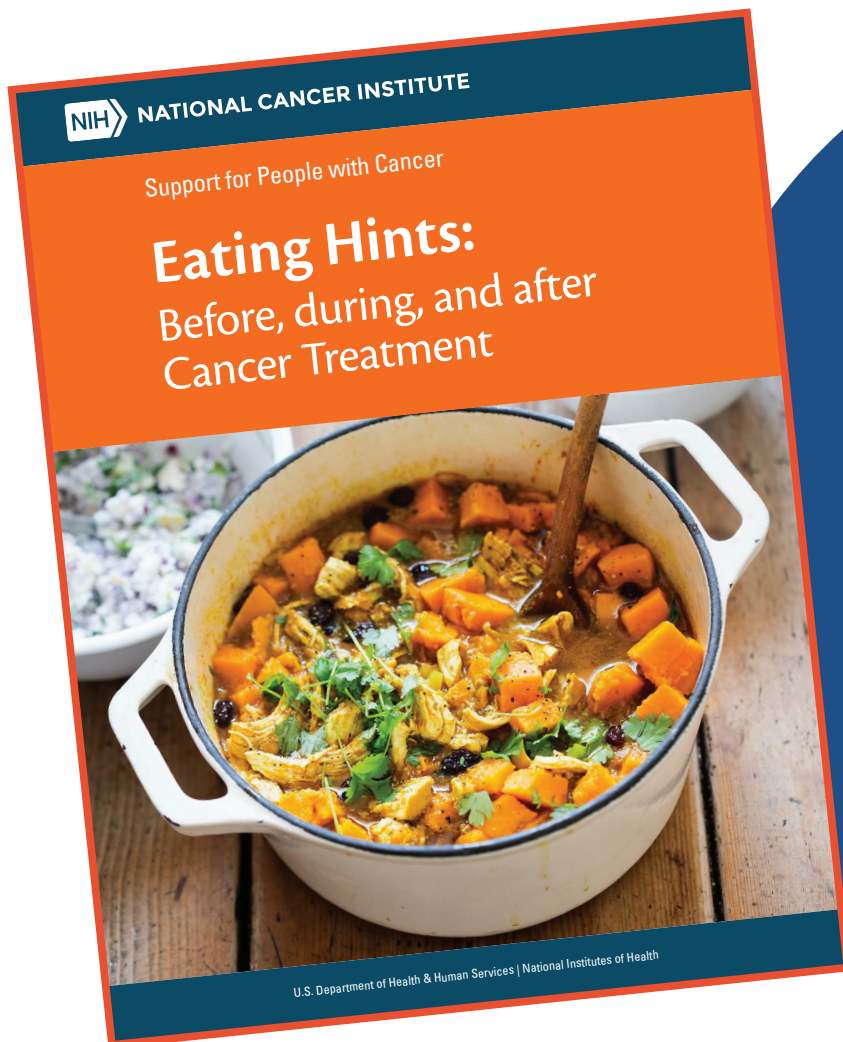
Vaginal Moisturizers	
Type	Brands
Moisturizers	Good Clean Love® Restore® Luvena® Replens® Extra virgin olive oil Vitamin E oil Coconut oil

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

## For a free copy of *Eating Hints*

Call, visit, text, or e-mail 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](mailto:cancerinfo@hci.utah.edu)

Read or download the booklet

[cancer.gov/publications/patient-education/eatinghints.pdf](https://cancer.gov/publications/patient-education/eatinghints.pdf)





# 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.

**1-888-424-2100 TOLL FREE | 801-528-1112 TEXT ONLY**  
**CANCERINFO@HCI.UTAH.EDU**  
**HUNTSMANCANCER.ORG/CLC**

8 a.m.–4 p.m. weekdays.  
Cancer Hospital, 6th floor  
Library open 9 a.m.–3 p.m. weekdays.



### FINANCIAL ADVOCATES

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

**801-213-4331 | 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 AND FAMILY HOUSING

Affordable and convenient lodging for patients and families coming from out of town. Amenities include weekday shuttle services, fitness center, & accessible rooms.

**801-521-4763 | 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](https://www.huntsmanoncology.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, 1st floor

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 801-646-4022 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/BLOG](https://www.huntsmanoncology.org/blog)**

## 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](https://www.huntsmanoncology.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/TREATMENT](https://www.huntsmanoncology.org/treatment)**.



# HUNTSMAN CANCER INSTITUTE TOTAL CANCER CARE

## About Total Cancer Care®

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

Our aim is to better understand what causes cancer and to find better ways to prevent, detect, and treat cancer more successfully while also supporting 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.

The 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 won't 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.
- You are willing to give blood if asked. This is optional.
- You might be asked to fill out a survey about your physical and emotional health, family history, and lifestyle.
- We might 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.*

*Cornelia Ulrich*

Executive Director,  
Comprehensive Cancer Center at  
Huntsman Cancer Institute

## Contact

Study Coordinator  
801-213-6113  
totalcancercare@hci.utah.edu  
huntsmancancer.org/totalcancercare

