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**.

11p.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.