





MY ENHANCED RECOVERY CALENDAR





Follow these steps before and after your gynecology surgery to recover safely and quickly. Bring this with you to the hospital.

	Day before surgery	Day of surgery	During your hospital stay	After discharge
Medications and pain management 	<input type="checkbox"/> Take medications as instructed by the Preoperative Medicine Clinic. <input type="checkbox"/> Apply scopolamine patch, if prescribed.	<input type="checkbox"/> Take medications as instructed by the Preoperative Medicine Clinic.	<input type="checkbox"/> Shift from IV pain medication to oral (by mouth) pain medications. <input type="checkbox"/> Use oral pain medicine as needed. <input type="checkbox"/> Ease pain with kp.org/easepainpodcast .	<input type="checkbox"/> Taper from oral pain medicine. <input type="checkbox"/> Use over-the-counter medications for pain as needed. <input type="checkbox"/> Ease pain with kp.org/easepainpodcast .
Activity 	<input type="checkbox"/> Continue daily exercise. <input type="checkbox"/> Relax with kp.org/surgerypodcast .	<input type="checkbox"/> Check in for surgery.	<input type="checkbox"/> Walk in the hallway at least 4 times a day. <input type="checkbox"/> Use your incentive spirometer 10 times/hour while awake.	<input type="checkbox"/> Gradually increase your activity. Avoid heavy lifting and high-impact exercise. <input type="checkbox"/> Use your incentive spirometer 10 times/hour for one week.
Eating and drinking 	<input type="checkbox"/> Do not eat any food 8 hours before your scheduled arrival time. <input type="checkbox"/> You may drink clear liquids up to 2 hours before your arrival time.	<input type="checkbox"/> You may drink clear liquids up to 2 hours before your scheduled arrival time. <input type="checkbox"/> Drink 8 ounces of carbohydrate drink (Gatorade or apple juice) 2 hours before your scheduled arrival time. Finish drinking it within 15 minutes. Do not drink anything else. <input type="checkbox"/> If you have diabetes, please follow the instructions from your surgeon.	<input type="checkbox"/> Follow the diet instructions from your surgeon.	<input type="checkbox"/> Continue a regular diet of healthy foods.
Tobacco 	<input type="checkbox"/> Do not smoke, vape, or chew tobacco.	<input type="checkbox"/> Do not smoke, vape, or chew tobacco.	<input type="checkbox"/> Do not smoke, vape, or chew tobacco.	<input type="checkbox"/> Do not smoke, vape, or chew tobacco.

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Mouth and skin care 	<ul style="list-style-type: none"> <input type="checkbox"/> Do not shave. <input type="checkbox"/> The night before surgery: Shower or bathe, and wash hair and use skin preparation (soap or wipes) as directed. 	<ul style="list-style-type: none"> <input type="checkbox"/> Use skin preparation as directed. <input type="checkbox"/> Do not shave. <input type="checkbox"/> In the Pre-op area at the hospital, you will be given a Chlorhexidine mouthwash to use. It helps prevent pneumonia. 	<ul style="list-style-type: none"> <input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Follow instructions for wound and bandage care. 	<ul style="list-style-type: none"> <input type="checkbox"/> Wash your hands often. <input type="checkbox"/> Follow instructions for wound and bandage care. <input type="checkbox"/> You may shower. Avoid bath tubs, hot tubs, and pools.
Other steps and treatments 	<ul style="list-style-type: none"> <input type="checkbox"/> Make plans for help at home after surgery. <input type="checkbox"/> Check your kp.org email or your phone for a message with check in time, medication instructions and other important information. 	<ul style="list-style-type: none"> <input type="checkbox"/> Bring your CPAP machine to the hospital if you use one. <input type="checkbox"/> Wear comfortable clothing to go home in. <input type="checkbox"/> Remove jewelry, metal hair pins, and contact lenses. <input type="checkbox"/> Do not wear makeup. <input type="checkbox"/> Leave valuables at home. 	<ul style="list-style-type: none"> <input type="checkbox"/> A urinary catheter may be placed during your surgery. This is a temporary tube that removes urine from your body. <input type="checkbox"/> During your stay, we will check to see if you can urinate on our own. This is called a voiding trial. <input type="checkbox"/> If you cannot urinate or have a radical hysterectomy, you may go home with a catheter. If the catheter is left in place, a clinic appointment will be made to remove it. 	<ul style="list-style-type: none"> <input type="checkbox"/> Schedule after surgery (postoperative) appointments. <input type="checkbox"/> Call our surgery team for questions or advice at 1-855-285-4246 (toll free). <input type="checkbox"/> Avoiding constipation is an important step for your recovery. Please review detailed instructions on your after-visit summary for how to do this.

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	4-6 weeks before surgery	2 weeks before surgery	1 week before surgery
Medications and pain management 	<input type="checkbox"/> Take medications as directed by your doctor.	<input type="checkbox"/> Take medications as directed by your doctor.	<input type="checkbox"/> Take medications as directed by the Preoperative Medicine clinician. <input type="checkbox"/> Stop taking anti-inflammatory pain medications unless you are told it's OK. <input type="checkbox"/> Stop taking herbal supplements.
Activity 	<input type="checkbox"/> Be active every day. It helps you recover from surgery faster. <input type="checkbox"/> Lose weight if your doctor advises. <input type="checkbox"/> Relax with kp.org/surgerypodcast .	<input type="checkbox"/> Exercise every day to condition your body. <input type="checkbox"/> Relax with kp.org/surgerypodcast .	<input type="checkbox"/> Exercise every day to condition your body. <input type="checkbox"/> Relax with kp.org/surgerypodcast .
Eating and drinking 	<input type="checkbox"/> Stick with a regular diet of healthy foods.	<input type="checkbox"/> Stick with a regular diet of healthy foods.	<input type="checkbox"/> Stick with a regular diet of healthy foods.
Tobacco 	<input type="checkbox"/> Tobacco use increases the risk of complications after surgery. <input type="checkbox"/> Talk with your doctor about ways to quit tobacco. <input type="checkbox"/> Contact Health Engagement and Wellness Services at 503-286-6816 or 1-866-301-3866 (toll free), option 2, to register for a class or telephone counseling with a health coach.	<input type="checkbox"/> Do not smoke, vape, or chew tobacco.	<input type="checkbox"/> Do not smoke, vape, or chew tobacco.
Mouth and skin care 			<input type="checkbox"/> Do not shave or wax your legs, underarms, or the area of your body where we will operate at least 2 days before surgery.
Other steps and treatments 	<input type="checkbox"/> Make plans for help at home after surgery. <input type="checkbox"/> Schedule an appointment with the Preoperative Medicine Clinic no more than 30 days before your surgery date, if referred by your surgeon.	<input type="checkbox"/> Complete the pre-surgery (preoperative) appointment with your surgeon and nurse. <input type="checkbox"/> Complete the Preoperative Medicine Clinic appointment. <input type="checkbox"/> Make plans for help at home after surgery.	<input type="checkbox"/> Fill prescriptions and pick up over-the-counter medications for pain and constipation <input type="checkbox"/> Make plans for help at home after surgery. <input type="checkbox"/> Arrange for transportation to and from the hospital. <input type="checkbox"/> Watch the video at kpdoc.org/incentivespirometervideo .