

Ob-Gyne Associates of Libertyville

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Pre-Operative Instructions: Abdominal Hysterectomy

What is a total abdominal hysterectomy (TAH)?

A total abdominal hysterectomy is a procedure through which your uterus and cervix is removed through a 4-6 inch incision on your abdomen. It is either done with a “bikini” cut on your lower abdomen or through a midline vertical incision. The decision for the type of incision on your abdomen depends on many factors, including the size and shape of your uterus, the pathology involved (e.g., benign or malignant), previous surgeries, history of severe endometriosis or prior pelvic infections, etc.

BSO (bilateral salpingo-oophorectomy) is when the tubes and ovaries are also removed.

What do I need to do to prepare for my surgery?

You will receive a call from the hospital approximately 1-2 days prior to your procedure to go over preoperative instructions and to arrange for any preoperative lab tests you may need. You will be informed when to arrive for the surgery. In general, you should arrive approximately 2 hours prior to the scheduled surgery time and check in at the registration desk. They will then guide you to the surgical suite.

In general, you may take your normal medications the day of surgery with tiny sips of water. If you take aspirin or blood thinners, these must be discontinued at least one week prior to your surgery. If you are having a pre-operative clearance examination with your primary care provider, (s)he will instruct you as to what to do with your daily medications. Your primary care provider will also inform you if you need any additional preoperative tests, such as laboratory tests, EKGs, cardiac stress tests, chest X-rays, etc.

You should not have anything to eat or drink after midnight the evening prior to your procedure. You *may* also need a bowel prep prior to surgery. *Ask your doctor* if you need to do either of the following regimens prior to surgery. (The bowel prep cleans out your intestines with a laxative. You will need to be close to restroom facilities once you begin.)

Bowel preparation:

-Miralax

-2 Dulcolax Tablets

See attached prescription; use as directed.

Preoperative Cleansing:

We recommend that you go to your local pharmacy and pick up a bottle of Hibiclens wash (generally found in the first aid section in 4 or 8 ounce bottles). Follow the directions on the bottle for proper dilution. Use the diluted Hibiclens wash while showering to cleanse the abdominal area the day before and the morning of surgery. Showering twice in the 24-hour period before surgery with Hibiclens wash has been shown to decrease the postoperative wound infection rate.

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Your _____ is scheduled
_____ @ _____ am pm
at
Advocate Condell

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