

Ob-Gyne Associates of Libertyville

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Pre-Operative Instructions: Laparoscopic Hysterectomy

What is a laparoscopic hysterectomy?

A laparoscopic hysterectomy is a procedure through which your uterus is removed using small incisions in the abdomen. During the procedure, a laparoscope (camera) and surgical instruments are inserted through small incisions in the abdomen. These instruments are used to carefully separate the uterus from its pelvic connections and the uterus is then removed through one of the incisions or vaginally if the cervix is also removed. This procedure may be done robotically (DaVinci) or with traditional laparoscopy.

An LSH (laparoscopic supracervical hysterectomy) removes the uterus but leaves the cervix in place.

A TLH (total laparoscopic hysterectomy) removes the uterus and cervix.

BSO (bilateral salpingo-oophorectomy) is when one of the above procedures is performed and 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 1-2 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 will also need a bowel prep prior to surgery. This is to reduce any risk of complications due to bowel distention at the time of laparoscopy (see bowel preparation instructions below). Ask your doctor which of the following regimens you should do. (The bowel prep cleans out your intestines with a laxative. You will need to be close to restroom facilities once you begin.)

BOWEL PREP INSTRUCTIONS:

Day before the procedure:

Start drinking clear liquids in the morning and continue throughout the day. Clear liquids include black coffee, tea with no milk, soda, Gatorade, Propel, water, clear juices, clear broth, popsicles and any color jello. **DO NOT EAT ANY SOLID FOODS. DO NOT**

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DRINK ALCOHOL. DO NOT EAT ANY DAIRY PRODUCTS. Deviating from this diet may prevent adequate preparation for the procedure.

BOWEL PREPARATION:

1. At approximately 3:00 p.m. take two (2) Dulcolax tablets with 8 oz. of water. Swallow the tablets whole with a full glass of water.
2. At approximately 5:00 p.m. mix the bottle of Miralax in 64 oz. of Gatorade (or other clear liquid). Shake the solution until the Miralax is dissolved. (Note: Steps 1 & 2 can be started at another time prior to 3 or 5 pm, but not later than 5 pm. Also, once process begins, it's advisable to be near a restroom).
3. Drink 8 oz. of the solution every 15 minutes until the solution is finished.
4. The bowels should eventually empty a clear yellow liquid. **No food, drink, or water after midnight (12:00 am)** the day prior to your procedure. If by 7 a.m. the bowel movement is still not clear, please call your physician @ (847)680-3400.

PLEASE DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

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 day of surgery. Showering twice in the 24-hour period before surgery with Hibiclens wash has been shown to decrease the postoperative wound infection rate.

Your surgery is scheduled on _____, 20____ at _____ am / pm.

Because you will be sedated you must be accompanied and driven home by a relative or friend when your recovery is completed. You will not be able to return to work until the doctor has cleared you.

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