

## Preparation for Enhanced Recovery after Same Day Hysteroscopy

### Prior to Surgery

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- On the day before surgery there are no dietary restrictions and you may eat what you like.
- Starting at midnight before your surgery, you may continue to drink clear liquids only.
- You must stop drinking 2 hours prior to arriving to the hospital. If you continue to drink, or drink anything other than water or clear fluids (i.e. Gatorade or Vitamin Water®) between midnight and 2 hours prior to your surgery, your surgery will be canceled for safety reasons.

### After Care

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#### Pain Relief

- Take Motrin, Advil, or ibuprofen 600 mg (three 200 mg over-the-counter pills), every 6 hours, while awake, for 4 days. Then use as needed.
- Take Tylenol or acetaminophen 625 mg every 6 hours, while awake, for 4 days. Then use as needed.
- Add Oxycodone 5 mg, 1- 2 tablets, every 4 hours, as needed for break through pain.

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- Take medications as instructed by your provider.

#### Bowel Function

To avoid constipation, I recommend:

- Stay well hydrated and eat lots of fruits and vegetables for fiber.
- Use Miralax or polyethylene glycol if needed for constipation (a mild laxative).
- Dissolve 1 packet in 4-8 oz of liquid.
- Take daily for 5 days or for as long as you are using oxycodone/narcotics.
- If you haven't had a bowel movement 5 days after surgery, take a stronger laxative such as magnesium citrate or Milk of Magnesia. Call if the laxative does not initiate a bowel movement with 24 hours.

#### Wound Care

- Shower as usual.
- Avoid baths, hot tubs, and swimming for at least 2 weeks after surgery.

#### Exercise/Activities

- Advance activities as tolerated, walking is the best exercise for the first few weeks.
- Climbing stairs is fine.
- Do not place anything in the vagina x 1 week per your surgeons recommendation.
- No driving as long as you have to hesitate to press the pedals, or you are taking narcotics.

#### Contact Information

- Weekdays, business hours: Call **415-855-7788** Mention that you've recently had surgery and the receptionist will page the doctor to call you back.
- Weekday nights and weekends: Call **415-855-7788** . The answering service will take your message and notify the on-call Gynecologist to call you back.
- **Please call instead of using MyChart for time sensitive post-operative questions or concerns.**