

Gynecologic Oncology Surgery Instructions

Welcome to Ochsner. Please read this information carefully to prepare for your upcoming surgery. These instructions will help you move smoothly through each phase of your surgery and recovery.



If you have questions or concerns, talk to your surgeon or any member of your Ochsner healthcare team.

Patient Name _____

Surgeon Name _____ Date of Surgery _____

Where to Report _____

What to expect

- A whole team of people will care for you before and after your procedure. You may be moved to more than one area in the time before your surgery. If you have a question, feel free to ask any member of the team.
- You will be asked your name and birth date several times. This is for your safety.
- Whoever accompanies you to the hospital (family, friend to drive you home, etc.) will be updated on your progress. They may be asked to provide contact information if they leave the waiting area.
- A nurse will text or call your contact person when they may join you after surgery. This usually takes 1-2 hours.
- If you are admitted to the hospital after surgery, you may not see your surgeon every day. A whole team will care for you. You may see resident physicians, your surgeon's gynecologic oncology partners, nurses and others.

Preparing for surgery

2 Weeks Before Your Surgery

- ☐ **Arrange transportation to and from Ochsner.** If your procedure is being done while you are asleep (sedated/under anesthesia), you will not be allowed to drive, take a rideshare (taxi, Uber, Lyft), or fly alone afterward. Arrange for someone to escort you home or to wherever you are staying.
- ☐ **Talk to your doctor about your medications.** If you take blood thinners or anti-platelet medications such as those listed below, you may need to stop this medication 3-5 days prior to surgery. Your surgeon and the provider who prescribed the blood thinner will decide when you should restart it.

- | | |
|--------------------------|-------------------------|
| • rivaroxaban (Xarelto®) | • Lovenox® |
| • apixaban (Eliquis®) | • heparin |
| • warfarin (Coumadin®) | • clopidogrel (Plavix®) |

- ☐ **Notify us if you take weight-loss or diabetes medication by injection.** Injectable weight-loss and diabetes medicines like those listed below (also called GLP-1 agonists) must be stopped 7 days before surgery. Your test, procedure or surgery will be rescheduled if you do not follow these instructions. See special instructions for adults with diabetes or weight loss drugs below.

- dulaglutide (Trulicity®)
- liraglutide (Victoza®, Saxenda®)
- semaglutide (Ozempic®, Wegovy®, Rybelsus®)
- exenatide (Byetta®, Bydureon®)
- tirzepatide (Mounjaro®)
- lixisenatide (Adlyxin®)

- ☐ **Stop taking all supplements and herbal medications.** Many of these can interfere with anesthesia.
- ☐ **Ochsner Baptist surgery patients: You should have received a pre-op anesthesia appointment before leaving your clinic visit.** This appointment must be no more than 2 weeks before your surgery date. Contact us at 504-842-4165 if you have any questions about this appointment.
- ☐ **Stop smoking.** Smoking impairs your body's ability to heal. We recommend you stop smoking as soon as you receive your surgery date. If you are unable to quit, limit smoking as much as possible. Smoking increases your risk of wound infections.

1 Week Before Surgery

- ☐ **Confirm transportation to and from Ochsner.** Reminder – you will not be allowed to leave the hospital alone.
- ☐ **Stop weight-loss or diabetes medication injections.** You must stop these 7 days prior to surgery.
- ☐ **Do not shave or wax the pelvic area** 5 days before surgery.
- ☐ **Identify your point-of-contact for surgery results.** You will need to provide this information when you arrive at the hospital. Your surgeon and nurses will contact this person with updates on your progress and with any results.



Special instructions for patients taking weight-loss or diabetes medications known as GLP-1 Agonists

You must stop taking GLP-1 agonists before surgery. These medications slow the time it takes for food to leave the stomach. Food in the stomach could cause vomiting while under anesthesia, which is dangerous.

If you take medication by mouth every day for weight loss or diabetes, do not take it the day of surgery.

Examples of these medications include

- lixisenatide (Adlyxin®)
- exenatide (Byetta® or Bydureon®)
- liraglutide (Victoza®)
- semaglutide (Rybelsus®)

If you inject medication every day, do not take your injection for 7 days before surgery. Examples of these medications include

- exenatide (Bydureon®)
- semaglutide (Ozempic®, Wegovy®)
- tirzepatide (Mounjaro™)
- dulaglutide (Trulicity®)

If you inject medication once a week, you must have stopped your medication 7 days before your surgery.

Example: if you take your injection on Mondays, your last injection must be BEFORE the Monday prior to your surgery. This means you will be off your medication more than a week.

****If you take a GLP-1 medication for diabetes and you must stop it for longer than your normal dosing schedule, contact the provider who prescribed it. You may need a temporary medication to keep your blood sugar stable before the procedure.***

1-2 Days Before Surgery

- **Ochsner Jefferson Highway patients:** The anesthesia team will call you 1-2 days before your surgery to go over your instructions.
- **Surgery arrival time:** Our scheduler will call you the day before to tell you what time to arrive for your surgery.



Special instructions for adults with diabetes or low blood sugar (hypoglycemia)

Please follow these instructions carefully. Your test, procedure or surgery will be rescheduled if you do not.

If you have diabetes

- Call the provider who manages your diabetes if you have frequent low or high blood sugar. Your procedure could be delayed or canceled if your blood sugar is above 300 mg/dL.
- If you take medication for anything other than diabetes, continue to take them as directed, unless you are told otherwise. (If you take blood thinners, see the information in the blue box to the left.)
- When you are allowed to eat, take your diabetes medications at their usual times and doses, unless you are told otherwise.

If you have low blood sugar (hypoglycemia)

During fasting prior to surgery

- Check your blood sugar at usual mealtimes and bedtime.
- If your blood sugar is less than 100 mg/dL, or if you have symptoms of low blood sugar, follow these instructions
 - If you are allowed clear liquids, drink 4 ounces (half-cup) of clear fruit juice or clear Gatorade.
 - If you are NOT allowed clear liquids, choose one of the following
 - 4 four-gram glucose tablets
 - 1 glucose gel tube
 - 1 T (tablespoon) sugar
 - Check your blood sugar 15 minutes later.
 - Repeat this treatment every 15 minutes (up to 3 times) until your blood sugar is higher than 100 mg/dL.
 - If your blood sugar does not go over 100 mg/dL, or if your symptoms continue, call your doctor right away.

The Night Before Surgery

- ☐ **NO FOOD AFTER 9 PM. Clear liquids only**, such as water, clear Gatorade® or clear PowerAid® are allowed.
- ☐ **Wash your body with Hibiclens® or other antibacterial soap.** You do not need to use Hibiclens on your face or hair.
- ☐ **Remove nail polish and hair extensions. If you have artificial nails, remove at least one on each hand** to enable us to monitor your oxygen level during surgery.

The Morning of Surgery

- ☐ **NO FOOD OR DRINK BEFORE COMING TO THE HOSPITAL.**
- ☐ **Wash your body with Hibiclens® or other antibacterial soap.** You do not need to use this on your face or hair.

- ☐ Do not wear contact lenses. Bring a case for glasses if wearing them.
- ☐ Remove dentures and/or hearing aids. Be sure to bring a case if you will need them before and after surgery.
- ☐ Remove earrings and any other body piercings.
- ☐ Leave all jewelry, cash, or other valuables at home.

What to bring with you

- ☐ Photo ID (driver's license or state ID card)
- ☐ Current insurance card, pharmacy or drug benefit cards
- ☐ List of medications or the original medication bottles. Include prescriptions, over-the-counter medications, herbal or dietary supplements, vitamins, etc. Include the doses and how often you take them.
- ☐ Any special medical equipment, such as a cane, walker, crutches, or supplies for diabetes or an ostomy.
- ☐ Documentation or information card for implants or medical devices such as the following. If the device is controlled by a remote, please bring the remote with you.
 - Pacemaker
 - Internal defibrillator
 - Artificial joint
 - Internal pain pump
 - Stimulator
 - Wire leads
 - Shrapnel
 - Insulin pump
 - Shunt
- ☐ CPAP or BiPAP mask: If you use a Continuous Positive Airway Pressure (CPAP) or Bilevel Positive Airway Pressure (BiPAP) machine to help you sleep, bring your home mask to the hospital.

After surgery

- Your surgeon will discuss the results of surgery with your point of contact. This may be in person or by phone.
- A nurse will call or text your contact person when it is okay for family members to see you. Usually this takes 1-2 hours.
- You may turn on any medical devices or implants that were turned off before surgery.
- Your surgeon may prescribe medication for you to take home. This prescription can be filled at Ochsner or a pharmacy you choose. If you are staying in the hospital overnight, tell your nurse if you would like your prescription delivered to you in the hospital.
 - The pharmacy at Ochsner Baptist is located outside of Suite 220 in the McFarland building.
 - The pharmacy at Ochsner Jefferson Highway is located on the ground floor of the main building, opposite PJ's Coffee.
- Before you are discharged to leave the hospital, a member of your care team will give you instructions on when you can shower, return to normal activities, drive, etc.
- Pathology results usually take 7-14 days. A member of your care team will call you with these results when they are available.



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