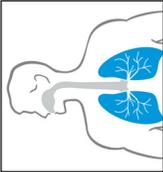


# Hysterectomy: Same Day Discharge

In general, this Care Map is what you can expect during your hospital stay of 4 to 6 hours. Your health care team will make changes unique to your recovery. You will be discharged by \_\_\_\_\_. You and your nurse will fill this out as you work on discharge planning together.

	Recovery Room or Post Anesthesia Care Unite (PACU)	Phase II Recovery (This is the room you will go to after the Recovery Room or PACU.)	Leaving the Hospital
<b>Tests</b> 	<input type="checkbox"/> You may have blood drawn to check certain levels such as hemoglobin.		
<b>Breathing</b> 	<input type="checkbox"/> You will receive oxygen through a tube in your nose. <input type="checkbox"/> An oxygen machine will check the levels of oxygen in your blood. <input type="checkbox"/> When your oxygen levels are OK, your nurse will remove your oxygen. <input type="checkbox"/> The nurse will ask you to turn in bed, take deep breaths and cough often. <input type="checkbox"/> Use your incentive spirometer (machine to help with deep breathing) every 1 to 2 hours.	<input type="checkbox"/> An oxygen machine will check the levels of oxygen in your blood. <input type="checkbox"/> When your oxygen levels are OK, your nurse will remove your oxygen. <input type="checkbox"/> Take deep breaths and cough often. <input type="checkbox"/> Use your incentive spirometer every 1 to 2 hours.	<input type="checkbox"/> You will be able to leave the hospital when you do not need oxygen from a machine.
<b>Comfort</b> 	<input type="checkbox"/> The nurse will ask you for your pain level. <input type="checkbox"/> You will receive pain medicine as needed	<input type="checkbox"/> The nurse will ask you for your pain level. <input type="checkbox"/> You will receive pain medicine as needed.	<input type="checkbox"/> Your nurse will teach you how to treat gas pain. <input type="checkbox"/> You will be able to leave the hospital when your pain is under control with pain medicine (by mouth).

	Recovery Room or Post Anesthesia Care Unite (PACU)	Phase II Recovery (This is the room you will go to after the Recovery Room or PACU.)	Leaving the Hospital
<b>Food</b> 	<input type="checkbox"/> You may have ice chips or clear liquids. <input type="checkbox"/> Ask for anti-nausea medicine if you feel like throwing up. <input type="checkbox"/> You will receive fluids through the intravenous (IV) line in your hand or arm.	<input type="checkbox"/> You may eat your regular diet. <input type="checkbox"/> Ask for nausea medicine if you need it. <input type="checkbox"/> Your IV fluids will be stopped if you drink enough liquids.	<input type="checkbox"/> You will be able to leave the hospital when you are able to eat and drink without problems.
<b>Activity</b> 	<input type="checkbox"/> You will wear compression stockings while you are in bed to help prevent blood clots.	<input type="checkbox"/> You will get out of bed within 60 minutes. <input type="checkbox"/> The compression stockings will be removed once you are walking.	<input type="checkbox"/> Your nurse will teach you safe ways to get out of bed. <input type="checkbox"/> You will be able to leave the hospital when you are able to walk well.
<b>Bladder/Bowel</b> 	<input type="checkbox"/> If you have a catheter in your bladder, your nurse will remove it.	<input type="checkbox"/> You will be asked to urinate every 1 to 2 hours. <input type="checkbox"/> The nurse may scan your bladder to see how well it has emptied.	<input type="checkbox"/> You will be able to leave the hospital when you have no problems urinating.
<b>Discharge Plans</b> 	<input type="checkbox"/> Talk with your nurse about: <ul style="list-style-type: none"> <li><input type="checkbox"/> who will take you home</li> <li><input type="checkbox"/> who will help you at home</li> <li><input type="checkbox"/> your needs at home.</li> </ul>		