

Hysterectomy Preparation Checklist

A clear, combined checklist for medical preparation, home setup, surgery day, and the first six weeks of recovery.

HOW TO USE IT

Start early. Check off what applies. Skip what does not. Your surgeon's instructions always come first.

BEFORE SURGERY - MEDICAL

Confirm the care plan

Get the important medical details out of your head and into one reliable place.

- ☐ Confirm the surgery date, arrival time, location, and expected procedure.
- ☐ Complete requested lab work, imaging, EKG, or other pre-operative testing.
- ☐ Review every prescription, over-the-counter medication, and supplement; ask what to stop and when.
- ☐ Ask exactly when to stop eating and drinking before surgery.
- ☐ Write down questions about pain control, wound care, showering, constipation, activity, and warning signs.
- ☐ Fill approved prescriptions before surgery day when possible.
- ☐ Pack identification, insurance information, medication list, and emergency contacts.

BEFORE SURGERY - HOME

Prepare the recovery space

Arrange the room while bending, lifting, and decision-making are still easy.

- ☐ Choose a comfortable bed, sofa, or recliner as your main recovery space.
- ☐ Place water, medication, tissues, chargers, snacks, and entertainment within arm's reach.
- ☐ Move frequently used items to waist level to reduce bending and reaching.
- ☐ Wash bedding and set out loose, non-restrictive clothing for the first two weeks.
- ☐ Complete essential laundry, cleaning, and pet-care setup ahead of time.
- ☐ Consider a wedge pillow, abdominal pillow, heating pad, grabber, or bedside table if they fit your care plan.

BEFORE SURGERY - FOOD & SUPPORT

Make the first week easier

Plan for low energy and fewer errands - not a perfect recovery routine.

- ☐ Freeze simple meals or arrange easy food for the first several days.
- ☐ Stock light snacks and drinks that are easy on your stomach.
- ☐ Ask your clinician what to use for constipation or gas discomfort if it occurs.
- ☐ Arrange a ride home; you cannot drive after anesthesia.
- ☐ Confirm who will stay with you or check in during the first 24 hours.
- ☐ Arrange help with pets, children, lifting, laundry, and other household needs.
- ☐ Choose a backup support person in case the original plan changes.

BEFORE SURGERY - PERSONAL

Prepare emotionally and practically

A little planning can reduce the mental load when your energy is limited.

- ☐ Notify work and close family of the expected recovery timeline.
- ☐ Journal questions or concerns to discuss with your surgeon.
- ☐ Download books, shows, podcasts, or audiobooks for quiet recovery time.
- ☐ Talk with your partner or support person about privacy, help, and boundaries.
- ☐ Plan genuine downtime; healing is the priority, not productivity.

SURGERY DAY

Bring only what helps

Keep the hospital plan simple, comfortable, and easy to manage.

- ☐ Follow the surgical team's instructions for showering, medications, food, and liquids.
- ☐ Remove jewelry and leave valuables at home.
- ☐ Wear loose clothing with no pressure on the waist.
- ☐ Bring your phone, an extra-long charger, and any requested paperwork.
- ☐ Bring a small pillow to brace the seatbelt on the ride home if your surgeon approves.
- ☐ Before discharge, confirm medication timing, incision care, showering, movement, driving, and who to call with concerns.

POST-SURGERY - FIRST WEEK

Protect the early recovery

Follow your discharge instructions and keep the first week intentionally small.

- ☐ Take medication exactly as prescribed and track the time of each dose.
- ☐ Drink fluids and follow the bowel-care plan provided by your clinician.
- ☐ Walk short, gentle distances as directed; stop if symptoms worsen.
- ☐ Brace your abdomen with a pillow when coughing, sneezing, or riding in the car if recommended.
- ☐ Avoid lifting, vacuuming, laundry baskets, and other restricted activities.
- ☐ Check the incision as directed and contact your care team about concerning changes or warning signs.
- ☐ Keep a simple record of pain, bowel movements, medication, and questions for follow-up.

POST-SURGERY - WEEKS 2-6

Increase activity gradually

Let your surgical instructions - not the calendar alone - set the pace.

- ☐ Continue wearing loose clothing if abdominal pressure is uncomfortable.
- ☐ Increase walking gradually according to your care plan and symptoms.
- ☐ Continue avoiding lifting and strenuous housework until cleared.
- ☐ Do not drive until cleared and you can brake comfortably without restricted medication.
- ☐ Attend follow-up visits and bring your symptom notes and questions.
- ☐ Ask before resuming baths, swimming, exercise, stretching, sex, or vaginal products.
- ☐ Track energy, mood, sleep, pain, and new symptoms without judging the pace of recovery.

LONGER-TERM RECOVERY

Give healing enough room

Physical recovery and emotional adjustment may move at different speeds.

- ☐ Rest without treating it as a failure or lack of progress.
- ☐ Talk with your partner or clinician about intimacy, body changes, or fear.
- ☐ Use a clinician-approved moisturizer or lubricant if dryness becomes an issue.
- ☐ Reintroduce yoga, stretching, strength work, and other exercise only when medically cleared.
- ☐ Celebrate small milestones and contact your clinician if recovery feels stalled or symptoms concern you.

Rory & Me

Bought It Loved It Linked It