

Pre-op Chat

September 9, 2010

Guest Speaker: LookingforaSis

fritzi64	Hi kadger!
fritzi64	Hi jadak
jadak	hello :)
fritzi64	We'll be getting started in a few minutes.
fritzi64	sometimes it takes people a while to get settled in here
fritzi64	If you'd like to choose a font color and an avatar, you can find the little buttons right above the typing box
jadak	it was an interesting route to get here. the key showing people typing on the side is cool.
fritzi64	Hi lreidmcc
fritzi64	I can tell that we have a few others on the way here
lreidmcc	Hello ladies
kadger	Hi back my hystersisters. I praise God I found this web site.
fritzi64	so while we wait for them, feel free to go grab a refreshment and make yourselves comfortable
jadak	test?
LookingforaSis	Hi everyone!
fritzi64	looks good, jadak
fritzi64	Hi Sis
fritzi64	Hi scoob523
kadger	Are you buying the drinks?
jadak	lol its just blue. I have to be different.
scoob523	hi room
scoob523	sorry I am late
fritzi64	It's okay, scoob
fritzi64	we'll wait just a couple more minutes while people find their way here
LookingforaSis	I just got here too scoob. We are right on time :)
fritzi64	Let's go ahead and get started.
fritzi64	We'll have a few others joining us, I'm sure
fritzi64	We're so glad you could come to our live pre-op chat tonight
fritzi64	It's been over a year and a half since my own TVH (total vaginal hysterectomy—I kept my ovaries),
fritzi64	and I still remember the anxiety, the questions, the worries, the excitement,...
fritzi64	I was completely obsessed with HysterSisters.
fritzi64	Hi SCARED45
SCARED45	hello
fritzi64	I'm going to be the moderator tonight. I'll be spending some of my time behind the scenes.
SCARED45	so much talk about
fritzi64	Hi TwilightRose
fritzi64	Although I will pop into the conversations from time to time
fritzi64	Here's the way this chat will work...
fritzi64	Our guest for tonight is LookingforaSis, one of our hostesses.
fritzi64	If you look at the list of names to the right of the chat box, you'll see hostess names in the different colors.
fritzi64	We may have a couple other hostesses stop in to say "hi," and that will help you be able to identify them

fritzi64	LookingforaSis will introduce herself and will share some basic information for your hysterectomy journey.
kadger	I am scheduled for a DaVinci Hysterectomy including both ovaries and fallopian tubes and am also having a bladder sling set for 7:30 AM so this is right on time.
fritzi64	Oh, good timing, kadger!
fritzi64	After LookingforaSis's "presentation," we'll move on to your questions.
fritzi64	To keep things easy to follow, we'll try to tackle the questions in somewhat of an order
fritzi64	starting with what you need to know to prepare for surgery,...
fritzi64	what to expect at the hospital,...
fritzi64	early recovery,...
fritzi64	hormones,...
fritzi64	a return to normal activities and work,...
fritzi64	and post-hysterectomy sex.
fritzi64	To help everyone follow the conversation, much of the chat will be moderated.
fritzi64	That means that when you post a question it will be held until it fits a topic of conversation.
fritzi64	I'll do my best to let everyone's questions through.
fritzi64	Please be patient with me, though.
fritzi64	If your question doesn't appear right away, . . .
fritzi64	. . . it's being saved for the time in the program when we will be discussing that topic, . . .
fritzi64	. . . by the time I see it to let it through, it doesn't make sense anymore (like, "Me too!"), . . .
fritzi64	...I lose my internet connection,...
fritzi64	. . . or I press the wrong button on my screen (oops).
fritzi64	At the end of the chat, we'll remove the moderation for a while.
fritzi64	If any of your questions were not posted through, please feel free to ask them again.
fritzi64	If you need to leave early, please know that a transcript of tonight's chat will be available on the main chat page tomorrow sometime.
fritzi64	It will help us to know a bit about how you've used HysterSisters so far.
fritzi64	Which of our resources have you used so far? Checkpoints? Videos? The forums? The Pre-Op resources page?
fritzi64	Hi yarnqueen64
yarnqueen64	hi
scoob523	I have looked over the check pointss and forums
lreidmcc	I've used checkpoints, and some of the forums, I also watched a video of the davinci method
jadak	I have looked at the forums but have not used anything. I am new.
SCARED45	im new to
kadger	I printed out the check points
scoob523	am new and would loe to see the video. this is so confusing to me
SCARED45	had my surgrey month from today
fritzi64	We're all new to this once, and since there are just a few of you, the chat should be pretty easy to follow.
fritzi64	The chatroom has been set to "moderated" now.
fritzi64	LookingforaSis, it's all yours!
lreidmcc	my surgery is scheduled for sept 17th, very nervous
SCARED45	i being going thur alot
LookingforaSis	Thank you Fritzi.
LookingforaSis	Hi! I am LookingforaSis. I am a hostess on the post op forum.
LookingforaSis	I am married to my high school sweetheart and we have one child. I

	consider him my miracle baby.
scoob523	Mine is also Sept 17
LookingforaSis	My journey started when I was first diagnosed with endometriosis in 1999 at the age of 21. I have had 3 laparoscopies and done one round of lupron.
LookingforaSis	Fast forward again to 2007. My husband and I decided we wanted to try to have another baby. We meet with an RE (Reproductive Endocrinologist) and had another laparoscopy and an HSG. I found out that my left tube was blocked and the endo was now on my bladder and my colon.
LookingforaSis	But, determined to continue, my RE cleaned up the endo the best he could and we started fertility treatments. I used a lot of hormones, both oral and injectibles.
LookingforaSis	I had 4 failed IUI's. My body was a mess. After a year of failed treatments, I felt awful and I was in a lot of pain. My husband and I talked and realized that my health was far more important. We stopped TTC.
scoob523	what exactly is endometriosis
LookingforaSis	The military moved us late in the summer of 2008, shortly after the TTC journey ended. When we got to Oklahoma I was in so much pain, I had to go find a doctor.
LookingforaSis	scoob-- it is when the endometrial tissue grows in places it shouldnt. It is extremely painful :(
LookingforaSis	The first thing the doctor did was a sonogram. He saw a large mass on my left ovary and diagnosed it as an endometrioma. It was here that I was given my options. I knew that a hysterectomy wasn't a cure for the endo but, it did give me hope! So I consented. I was TERRIFIED. I was 30 years old, living in a new place, and I just found out I was having a hysterectomy.
LookingforaSis	And that is when I found Hystersisters. When I chose my screen name, I did it for a reason. The site is HysterSisters and I so badly needed a sister to get me through this! Hence the name I use, LookingforaSis.
LookingforaSis	In Sept 2008 I had my LAVH/BSO. While waiting for my surgery, my other ovary developed an endometrioma that was larger than my uterus! I was also told that I had Stage IV endometriosis. I have been very fortunate to have had a very easy recovery
LookingforaSis	HysterSisters has given me so much. I spent a lot of time in the post op forums just READING. I wanted to make sure I knew exactly what to expect. Both good and bad.
LookingforaSis	Well enough about me, now I have a question for you. What kind of surgery are you going to have?
fritzi64	Hi kirstensw69
yarnqueen64	TAH, next tuesday
lreidmcc	I am preparing for a total hyst. davinci style.
LookingforaSis	yarnqueen- very soon!
kirstensw69	Hi. TAH on Monday for me.
yarnqueen64	i know!!!
kadger	Me too. Tomorrow at 7:30AM
lreidmcc	what does tah stand for
kirstensw69	Oh wow!
LookingforaSis	kirsten, monday. I remember being that close. Lots of emotions.
LookingforaSis	Irei--hold that thought :)
jadak	I was told it would be vaginal, just my uterus.
yarnqueen64	i am trying not to take anxiety meds. anyone make it without?
scoob523	Mine is scheduled for a total Hystomery with the davinci, but two days ago after another ultra sound, I have to go tomorrow for a

	biopsy on my uterus. It was 5.1 thick now its 16.3. No clue what that means but it dont sound good
kadger	I have had trouble sleeping for the last 4 nights
LookingforaSis	yarnqueen-- i made it until the day of my surgery. Then they gave me something in my iv :)
kirstensw69	yes, but I think I am Ok with it all
scoob523	My biggest worry is. I feel fine. Just vry scared
yarnqueen64	I woke up at 4am today with racing heart, but i have been fine other than that
yarnqueen64	that's what i am trying to do
Ireidmcc	me too....cant's seem to sleep more than 4 hours without waking up thinking about things
LookingforaSis	Ok, let's talk about types :)
kirstensw69	Oh, bye the way, Hi to all! So sorry, I forgot my manners.
LookingforaSis	We have different types of surgery out there so to make it easier for you on the forums, since most people use abbreviations, I'm going to go over them now.
LookingforaSis	We'll start with hysterectomy types, remember the word <u>hysterectomy</u> only means the removal of the uterus and cervix.
LookingforaSis	Hysterectomies can either be done abdominally (A) or laproscopically (L) Laproscopic surgeries can be subdivided into a standard procedure where the surgeon or attendants physically hold the camera and laprocopic instruments versus
LookingforaSis	A robotically assisted procedure where the surgeon sits at a console and utilizes a daVinci surgical system to hold and manipulate the camera and instruments.
LookingforaSis	In this procedure the surgeon sits at a console and controls the surgical instruments via the computerized system. He has 3-D vision and a 10x magnification of the area.
LookingforaSis	So when you see TAH that's a total abdominal hysterectomy. A TAH means that the uterus and cervix will be removed via an abdominal incision.
LookingforaSis	A TVH means the uterus and cervix will be removed via a vaginal incision.
LookingforaSis	An LAVH is a laproscopically assisted vaginal hysterectomy where the uterus and cervix will be removed via a vaginal incision.
LookingforaSis	A DVH or RALH are procedures where the daVinci system is used to perform a vaginal hysterectomy removing the uterus and cervix.
LookingforaSis	Hi sg.
LookingforaSis	DVH is daVinci vaginal hysterectomy; RALH is robotically assisted laproscopy hysterectomy.
LookingforaSis	You may also see an S as in LSH. The S stands for supracervical.
LookingforaSis	This means that only the uterus is being removed, the cervix is staying intact. It is also sometimes called a partial hysterectomy.
LookingforaSis	So an LSH is a Laproscopic Supracervical Hysterectomy and a SAH is a Supracervical Abdominal Hysterectomy
LookingforaSis	A DSH or RASH would be a daVinci Supracervical Hysterectomy or a Robotically Assisted Supracervical Hysterectomy.
LookingforaSis	You may also hear someone say they are having a radical hysterectomy. This is different than a total hysterectomy.
LookingforaSis	A radical hysterectomy means that a portion of the vagina will also be removed along with the uterus and cervix.
LookingforaSis	Notice we haven't said anything about ovary removal, that's an oopherectomy.
LookingforaSis	Or fallopian tube removal, the word for tubes is salphingo.
LookingforaSis	So someone who is having both ovaries and tubes removed is undergoing a BSO.

LookingforaSis	Bi-lateral (both sides), salphingo (tubes), oopherectomy ovaries.
LookingforaSis	LSO or RSO means only the tube and ovary from the right or left side.
LookingforaSis	You can find information on these items in the Hysterectomy checkpoints on the site.
LookingforaSis	There are videos, checkpoints and questions for your doctor listed there.
LookingforaSis	**
LookingforaSis	Irei-- Did I give you more info than you ever wanted? :)
fritzi64	Okay
fritzi64	Some of you have been sending in some good questions already.
fritzi64	I'm going to start posting those through
fritzi64	and we're starting with your questions about how to prepare for the surgery.
Ireidmcc	that's a lot to take in but it's helpful :)
yarnqueen64	Have you ever heard of doc not being able to get cervix out? my TAH may change to SAH if he can't get it out safely.
LookingforaSis	yarnqueen-- my doctor mentioned having to convert to a TAH but he didnt have to. I had an lavh.
fritzi64	One of our hostesses had trouble with that
fritzi64	She had adhesions that attached the cervix to the bladder, so the doctor left the cervix in. Because the cervix is uterine tissue, she grew new fibroids on the cervix several years after her hysterectomy.
yarnqueen64	not really so scared, as I am axious to have it done
Ireidmcc	is anyone schedule for a DAH?
LookingforaSis	totally normal. I was/am a "what if" type of person. The waiting gave me too much time to think.
scoob523	Is it common to have a biospy before the surgery
LookingforaSis	scoob- i think it depends on what your doctor suspects the problem is.
fritzi64	Hi pelvicpain
LookingforaSis	HI pelvicpain
kadger	I have fibroids and an ovarian cyst. I have had an on and off period for 2 months
kirstensw69	I had two attempted endometrial biopsies. Neither were sucessful. Thus the TAH
yarnqueen64	well i already know it will be TAH, too big for V, but he said if too much scar tissue From my c's, it could be too dangerous to bladder and rectum to try to remove cervix
fritzi64	As you think about questions about preparing for your surgery, you might also think about questions you have about your pre-op appointment
fritzi64	or how to prepare your recovery area at home
yarnqueen64	too dangerous to remove from bladder or rectum
Ireidmcc	I've had a D&C, abdominal ablasion, getting my period twice a week and it's heavy. That coupled with being a breast cancer survivor my dr. thinks it's in my best interest to have the hysterectomy.
LookingforaSis	that's a lot to have been through irei.
kirstensw69	What are the most important things you think I should take to the hospital?
fritzi64	kirsten, the only things I used were my ipod and chapstick
LookingforaSis	flip flops :)
fritzi64	I wore the same thing home that I wore to the hospital
pelvicpain	I have pelvic pain & was finally diagnosed with adenomyosis, he did a lavh, but didn't relieve my pain, thought my ovary was adhered to bowel, so had that removed but I still have pain. 4 surgeries in 4

	years, now checking out chiropractors
yarnqueen64	i am taking my itouch so i can get online
yarnqueen64	anyone with previous c sections have a lot of scar tissue? is that a big concern?
yarnqueen64	fritzi thats what I was doing too
lreidmcc	I've got my chapstick and slippers....what kind of clothing is best to pack
LookingforaSis	yarnqueen, i had a csection. No problems with the scar tissue during my lavh.
fritzi64	yarnqueen, I had scar tissue related to a c-section. The doctor just had to take a bit more time to get everything separated
yarnqueen64	good!! thanks
scoob523	so your stomach isnt pumped up really big and not be able to wear your own pants home
pelvicpain	Important things to take to hospital. EARPLUGS. the beeping machines & the crying babies in maternity ward will drive you nuts
kirstensw69	Great! I have them on the list. I also have eye covers and a robe
lreidmcc	I have two young girls ages 5 & 7. I will have family help for the first 10 days but I'm scared once family leaves. Any suggestions???
yarnqueen64	i cant wear earplugs :(
LookingforaSis	scoob-- my belly was more sore and i didnt want any pressure on it. I wore my own clothes. Just my period underwear and loose pants.
LookingforaSis	irei-- set the standard. Let them know they HAVE to help take care of mommy. Girls dig that.
fritzi64	I wore sweatpants with a drawstring, and they were very easy to adjust loosely to my sore body
kirstensw69	I also have c/s (x3) scar. This is great to know!
yarnqueen64	how long did you stay in pj's once you came home?
yarnqueen64	like gowns and such?
TwilightRose	I have fibroids inside and out, a huge mass on my left ovary, and an atypical papsmear. She recommends everything out. She thought she may be able to salvage one ovary, but thinks it is best to do it all at once. Is that a valid recommendation?
pelvicpain	try to take something ear covers or something. Nurses I believe ignor beeping machines so when iv gets low, it takes forever for them to come in
fritzi64	pelvicpain, I have to say that I was very lucky with my nurses--they were very responsive
LookingforaSis	I didnt stay in pj's long. I was in such a rush to feel "normal" that I got dressed in yoga pants and loose shirts everyday.
fritzi64	Of course, I did keep a basket of chocolate in my room for them ;)
lreidmcc	good idea on the ear plus
pelvicpain	also pen & paper to ask questions
yarnqueen64	my doc says i get mini tummy tuck cause he take old c scar off
yarnqueen64	i have to wear external headphones, i will take those
fritzi64	Hi tauruslady
tauruslady	Hello
fritzi64	Are there any other questions about preparing for your surgery?
LookingforaSis	twilight, if i could have i would have kept an ovary. Now that's because of my age at the time.
fritzi64	Hi cremebrulee
yarnqueen64	i knit/crochet so i made the nurses dish scrubbies
yarnqueen64	what if nothing was mentioned about bowel cleanse?
fritzi64	I didn't have to do any kind of bowel prep, but if you have questions, you should call your doctor to be sure
cremebrulee	hello!
kirstensw69	any specific questions for the doctor or anesthesiologist?

pelvicpain	They didn't walk me around to much I just wore their gown, they gave me the non skid socks which are really nice, the ride home can be sore with bumps & things
TwilightRose	I am intimated by the thought of "bowel cleansing" Any suggestions?
tauruslady	yarnqueen - only do what your Dr. tells you to do.
yarnqueen64	i have my pre op monday , day before surgery, I would think they would have told me about bowel cleanse before that, no?
lreidmcc	i go for my preop on Monday if I have to have a bowel cleanse what exactly does that entail????
pelvicpain	Bowel cleanse, my doctor didn't require one, I asked to do one, there was a suspicion of me needing additional work when he got in there, so I wanted to be prepared, he told me what to do
yarnqueen64	Ire, sorry if i missed, when is surgery?
pelvicpain	bowel cleanse, for me was a bottle of mirlax the day before
kadger	I was told a fleets enema in the AM
tauruslady	lreid - you would think so but it is usually started the night before, so it is possible
TwilightRose	At least I am not alone with the bowel cleanse thing!
jadak	Why do some have to do the bowel clense and some do not? Does it depend on the proceedure or dr?
lreidmcc	my surgery is 09/17
yarnqueen64	i read it depends if you have had successful surgeries or not
yarnqueen64	if you have, and no bowel issues, you may not have to
TwilightRose	One of the ladies here recommended Tucks, to soothe that area during the cleansing.
fritzi64	I didn't have any kind of bowel prep other than no food or drink after midnight.
pelvicpain	The bowel cleanse for me, was the ovary was suspected ot be attached to my bowel. it was but he didn't take it. if he would have nicked the bowel, it could be a problem. so it's up to the docotr
lreidmcc	witch hazel pads can also be helpful
scoob523	I honestly think this is way to confusing and want to cancel the whole thing, no one ever said anything about a bowel cleanse and yesterday the whole bioposy things just threw everything in a mess. My surgery is 9/17 and tomorrow was my pre appt with the dr. it just gets worse and worse
TwilightRose	My dr told me I'd have to cleanse. I can handle drinking, but not sure about an enema.
tauruslady	It can depend on the type of surgery, some with lap surgeries want the extra space, also having the bowle clean means less issues if it would happen to be nicked.
fritzi64	Scoob, I found myself feeling calmer once I had my pre-op appointment.
fritzi64	Somehow, that just eliminated all the other stuff I was worrying about and helped me focus on just the things I needed in relation to my own surgery.
LookingforaSis	scoob-- that's normal. Push it out, get a second opinion. Make sure you are comfortable with what is happening.
yarnqueen64	scoob just do it, you will be glad you did
pelvicpain	I used Baby wipes at home,
lreidmcc	I'm hoping for a sense of calm once I have my preop on Monday
kadger	I have been praying alot
TwilightRose	Scoob, I am having mine da vinci, I don't knwo if bowel cleanse is necessary for all surgeries. Any one here having the da vinci?
tauruslady	TwilightRose - I had the daVinci and my surgeon had me do the cleanse but again I don't know that it is an "always" thing.

fritzi64	On September 16 and 19, we'll be having Roundtable Discussions focusing on the da Vinci surgery. We'll have a representative from the company that makes the da Vinci instrument as well as members who have had the da Vinci surgery.
pelvicpain	don't worry about the bowel cleanse, it really wasn't a big deal if you need one, you just drink the bottle then clear liquids & stay near a bathroom. I didn't have to do an enema. it was easy
yarnqueen64	kadger that is what helped me, prayer
Ireidmcc	I am
kadger	I am
sg40	I will be praying too.
scoob523	I was ok sorta until yesterday when they called about doing a biopsy. I am having the dainci
fritzi64	Let's go ahead and move on to your questions about what to expect at the hospital.
scoob523	Davinci* sry
TwilightRose	Prayer is getting me through this. And standing on God's promises in Scripture.
Ireidmcc	I expect lots of pain medicine -- LOL!
yarnqueen64	did anyone have that pain pump/bulb right in incision?
yarnqueen64	how long for cath?
LookingforaSis	yarn, my cath was out before i woke up.
fritzi64	My cath stayed in for about 20 hours. My nurses wanted to wait until I was able to walk to the bathroom, and I was grateful for that.
yarnqueen64	wow!!
Ireidmcc	Are most of you who are having the davinci staying overnight
yarnqueen64	was yours TAH?
scoob523	what kind of anesthetic do they commonly use
yarnqueen64	fritzi that's what i was thinking
kadger	I am
TwilightRose	I am going to be in the hosptial longer, because I am a high risk surgery, because of my weight and blood thinners. Any advice for me?
tauruslady	My cath was only in overnight
scoob523	I am staying one night for sure, maybe two
yarnqueen64	i will be in 4 days
TwilightRose	caths don't bother me, I guess I got nurses who knew what they were doing.
LookingforaSis	twilight, dont rush your body.
sg40	Prayer, that's the only way I believe. My surgery is 10/19 and I am getting nervous about it and I have all sorts of doubt about different options yet to consider.
kirstensw69	I was told I would have urinary cath until the second day. I will also have an indwelling epidural for pain management instead of a PCA pump.
Ireidmcc	My doctor has told me to expect overnight as long as there are no complications
jadak	Doesn't everyone get to stay atleast over night?
TwilightRose	I'll be in 3-5 days.
tauruslady	Scoob - I'm not at all sure what type of anesthetic I had, as far as I know the "standard stuff"
pelvicpain	They called me in, I changed, everyone goes over name date of birth, asks what you're their for (I always teased & asked why don't you know???) get the iv hooked up, met with the anesthesia guy, he asked if there were any previous problems. Doctor comes in & marks on my belly if he's taking the ovary out (he had plenty of room to write). I was out when it was over, I went to recovery had

	something to drink, they put me on a morphine pump & spent the night. My doctor had to deliver a baby at 3 am & he came to talk.
fritzi64	I don't know what anesthetic I had, either. If there are any concerns you have, share them with your doctor at your pre-op appointment.
kirstensw69	I will be in for 2 to 3 days
yarnqueen64	i read recommendation to ask for nausea medicine right away, it helps
pelvicpain	the catheter was really nice.
lreidmcc	I know of several women who were discharged same day :(
fritzi64	I was discharged 23 hours after I was moved into my room
LookingforaSis	I was in and out in less than 24 hrs. Overnight though.
fritzi64	Hi darktowerdream
scoob523	iam heading to bed. thanks for your help. I really dont want to do this, but I will pray for help
fritzi64	Thanks for being here, scoob
fritzi64	Hi minna2880
yarnqueen64	good luck scoob
kadger	God Bless you scoob
pelvicpain	I had general anesthesia, he put it through the IV. I was awake when I went into the OR. he started the iv & anethesia when I got there. the OR was cold but they put lots of warm blankets & I just wen to sleep
TwilightRose	Do they always intebate you?
sg40	Is nausea a big concern after you wake up from the anesthesia?
LookingforaSis	twilight, i think whenever they use anesthesia they have to.
fritzi64	Twilight, I was intubated, but not until after I was asleep. The tube was removed before I woke up.
yarnqueen64	for me it is
fritzi64	Are there any other questions about what to expect at the hospital?
LookingforaSis	tell your nurses ahead of time about nausea issues. they can give you something for it.
tauruslady	sg - I have never had nausea from anesthesia but some do. If you haven't ever had it before you should talk to your anesthesiologist
yarnqueen64	i almost got sick on the table for my c, i was awake for them
fritzi64	Even with anti-nausea meds, I got sick from the morphine. I've decided that for my next hysterectomy ;) I'll be asking them to try something different sooner.
pelvicpain	nausea wasn't a problem they had me on a morphine pump, I wanted to stay asleep. when I got home I did have a headache because they put you in a head down position to do the surgery, not everyone gets a headach
kirstensw69	Tell them if it is severe. They can give you medicine in the pre-op area for nausea to help prevent it
sg40	ok thanks tauruslady. I am a taurus too.
TwilightRose	I don't think they suspect the big "c", but are they able to tell you right away, or does that take weeks?
tauruslady	TwilightRose - I had my hyster due to cancer found at a D&C.
tauruslady	My surgeon wanted to keep me from worrying (it was right before Thanksgiving)
yarnqueen64	i didn't have surgery yet, but doc said from ultra sound NO c
tauruslady	Surgery was on Monday and he told me on Weds. The final path came in 2 weeks later
tauruslady	So expect 2 weeks.
fritzi64	Let's move on to your questions about your early recovery at home.
fritzi64	What's on your mind about that?
TwilightRose	Okay, thanks.

yarnqueen64	are fibroids ever cancer? i thought they werent
lreidmcc	I live in a house where my bedroom is upstairs....should I just set up shop and stay up there for a period of time
fritzi64	Yarnqueen, it is extremely rare for fibroids to be cancerous, but I have read about it a couple times, unfortunately.
yarnqueen64	as long as there's a potty up there, I would
tauruslady	Yarnqueen - they can be cancerous . My sister had a hyster for fibroids and they found cancer.
fritzi64	My doctor allowed me to take stairs a couple times a day, although I did pretty much stay in my room for the first week. It was quieter there.
yarnqueen64	did they know cancer ahead? he said mine wasn't but could he be wrong?
lreidmcc	luckily i do have a bathroom. thinking of moving my little bar fridge into the bedroom, along with my computer and tv
pelvicpain	Please take it easy, when I got home I felt normal but I believe there was still sedation in my system, I felt so good, but I tried to bake-- bad decision. My mom tried to keep me on the couch. I will say I over did it & started spotting, I had to get checked. So please take it easy no matter how great you feel when you get home. the holes are small on the outside but the inside had some serious work done
TwilightRose	I heard that bowel movements are difficult later on. Why is that, and how to help myself after i get home.
tauruslady	yarnqueen - for my sister - no they did not, wasn't expected at all.
yarnqueen64	oh no
LookingforaSis	twilight-- coffee got things moving just fine for me.
tauruslady	They were doing a bikini cut and the fibroid was so large they dissected it and as they were removing it they found the cancer
fritzi64	I found that oatmeal and cranberry juice kept things going for me
fritzi64	Hi LovetheOcean
lreidmcc	good advice pelvic pain....i'm no a good one for sitting still
yarnqueen64	that is my biggest fear, that i will be full of it
kadger	I am the only girl in the house. I am praying they will be understanding.
kadger	Did you need someone to help you get in and out of bed for awhile due to pain?
LovetheOcean	hello girls
TwilightRose	Iany stool softeners?
LookingforaSis	kadger-- use your elbows :) I didnt need any help.
tauruslady	Yarnqueen - take it one day at a time, you don't have it unless they tell you otherwise :)
fritzi64	Twilight, my doctor prescribed stool softeners, although I stopped taking them after my first post-op bm (day 5!)
lreidmcc	pain meds can really constipate a person
kirstensw69	Hi lovetheOcean. I am a beach/ocean fan too!
kadger	Thanks
kirstensw69	what about bladder issues after surgery?
LookingforaSis	kirsten, the first time I urinated was VERY tough. It's like it wouldnt come out even though I had to go sooooooooooooo bad. But, it finally did. No other issues.
yarnqueen64	how soon after TAH can you drink /eat?
pelvicpain	BM's can be helped by stool softeners, grape juice always works on me so I had plenty of that on hand. you go to the hospital with an empty stomach you dont' eat anything that day except a few crackers when you wake up pluse the anesthesia slows your bodys plumbing down, it just takes time to get things started again

tauruslady	Kirsten - I had some spasming, had to go frequently
kadger	Did the first BM hurt alot?
Ireidmcc	i've heard taking gas-x can really help move things along
tauruslady	Yarnqueen - they brought me bland foods pretty soon after I got to my room, however they were an odd mix (some very salty) and I threw-up.
TwilightRose	Thanks Pelvicpain
kadger	What kind of food and drink should I have in the house when I come home (for me)
tauruslady	Later my night nurse brought me jello as often as I wanted and that was great.
fritzi64	kadger, all I wanted was yogurt, soup, and crackers
TwilightRose	Kirsten, are you talking about peeing?
kirstensw69	I have heard horror stories about bladders falling and incontinence.
Ireidmcc	the first bm is my biggest fear.
LookingforaSis	my DH brought me dinner that same night :)
LookingforaSis	irei-- the first bm was no problemO.
fritzi64	Ireidmcc, my first bm was uncomfortable, but it wasn't as bad as I'd feared--what a relief!
pelvicpain	My BM's hurt for a while, & for me, I got bad cramps before needing to have a BM. at first I just thought it was a post-surgery spasm but I think it was a sign a BM is coming soon
fritzi64	Our guest speaker, LookingforaSis, will need to leave in a few minutes.
fritzi64	Before she does, I wanted to be sure to thank her for being the guest speaker this evening.
Ireidmcc	Do you find it a good idea to stick with bland foods for the first couple of days
yarnqueen64	yes thank you
kirstensw69	Thank you LookingforaSis. Have a great evening.
pelvicpain	I really appreciate this site, it helped me alot when I went through my surgery
TwilightRose	Thank you very much!
LovetheOcean	the only bladder issues I had was aching and it feeling really wierd when I would pee, like a UTI but never got one. It just took some time for my bladder to get back to feeling normal again.
LookingforaSis	You are very welcome! I know I will see you on the post op forums for sure.
jadak	thanks for the info lookingforasis
Ireidmcc	thank you
pelvicpain	good night
kadger	Is gas really bad? Should I bring an air freshener? lol
LookingforaSis	kadger-- I didnt have bad gas issues.
fritzi64	kadger, I don't remember the smell, but I do remember the feeling of the gas pains--I loved my Gas-X
yarnqueen64	did you have sore throat from tube?
pelvicpain	I didn't have gas issues either
yarnqueen64	anyone having trouble with extended family not understanding how serious TAH is?
darktowerdream	[b]~Im having a hard time talking about the surgery and asking questions~ I havent really posted on the forums
LookingforaSis	goodnight all! Thanks for coming!
fritzi64	darktower, I'm glad you decided to come tonight
tauruslady	Yarnqueen - I did not, but some do. It also isn't unusual to have family not understand there are some articles on that in the pre-op forum.
fritzi64	Not everyone is able to write and ask questions; lots of women

	spend their time here reading and thinking.
Ireidmcc	i find after they take the intebation tube out your throat is dry and scratchy
LovetheOcean	yes, my throat was very very sore from the tube.....my doc prescribed some mouthwash that helps a lot
pelvicpain	tube in throat did give me a slight sore throat
TwilightRose	welcome Darktower, I am new here as well.
TwilightRose	I don't understand, how can you pass gas, when the gas goes into the abdomen, and not the stomach?
tauruslady	Ireid - some do stay with bland food for a bit.
darktowerdream	[b]Its been a while since Ive been in a group Chat but with my surgery coming up so quick I decided to join in
kadger	This is my first "chat". My son is helping me
yarnqueen64	knowledge is power. when I first came to HS it freaked me out I had to stop reading. but the more I came back, the more relaxed I became.
TwilightRose	My first chat too
yarnqueen64	My second chat
darktowerdream	[b]I get such bad nausea and sore throat when i wake up from surgery
tauruslady	Twilight - some of it is gas as your system starts working again. Other gas pain is as the gas from lap surgery escapes your system. I felt that in my upper arm like someone gave me a vaccination.
fritzi64	Oops. I just accidentally deleted someone's message about how much bleeding there is post-op.
Ireidmcc	i have found this site very informative. I done lots of reading and this is the first chat I've been on
yarnqueen64	i was never put under before!!
fritzi64	So I'll say, that varies from person to person. I bled for 5 weeks, but other women with the exact same surgery type had no post-op bleeding at all.
pelvicpain	I used a panty liner, the hospital gave me a pad but I didn't have much drainage.
kirstensw69	It is time for me to go. Best wishes and warm thoughts to all of you! Thank you for sharing your stories, providing support, and giving great information. Good Night.
Ireidmcc	should i stock up on lots of pads for the post op bleeding??? and how long does it last
tauruslady	By kirsten
TwilightRose	I've never had surgery before.
darktowerdream	[b]I had surgery several times . w lifetime of health probs but this feels different
tauruslady	Ireid - I bled or had discharge very little, I used a few mini pads.
tauruslady	If you get lots of bleeding that is a sign to call the Dr.
fritzi64	Darktowerdream, this is a unique surgery, and it carries so much emotional connection with it.
fritzi64	TwilightRose, I had another surgery two years before my hysterectomy, and it did help give me an idea what to expect.
TwilightRose	wow, 5 weeks. I didn't think it would be a long time.
Ireidmcc	you will survive twilight rose...:)
yarnqueen64	I wont have much help. My hubby for a few days, then alone. My dear mom decided to go on vacation during surgery
jadak	lol I always have lots of bleeding so I am not sure if I would freak.
Ireidmcc	with the bleeding post op should the blood be bright red or dark???
TwilightRose	I am getting counseling on how to cope with the emotions, grief and closure.
fritzi64	Twilight, good for you. That should help. Also, we have an Aching

	Hearts forum that is a place for extra gentle hugs for women as they grieve the loss of the uterus.
tauruslady	Lreid - I had some brighter bleeding because I popped a stitch
tauruslady	Otherwise it was little discharge and dark
tauruslady	Twilight - that is a good thing.
fritzi64	Lreid, my bleeding lightened up as time went on, and by the end it was almost a watery brownish color
darktowerdream	[b]I was never in hospital for 3 days aside from when I was a kid and that was two weeks
yarnqueen64	my period may come on surgery day !
lreidmcc	i'm sorry you're having a rough time twilight rose
lreidmcc	just think yarnqueen it will be your last one
pelvicpain	when I had my hysterectomy, I didn't have any children, but with my pelvic pain & my period problems, I was never in the mood for sex anyway. so it was tough for a while, it made mother daughter banquets impossible, when I heard people talking about how great it was to be a mom, but I got a dog now
TwilightRose	It already is helping. I have a counselor who is a Christian, so I am getting spiritual as well as emotion support.
fritzi64	As we continue with this, let's also begin to take your questions about hormones.
yarnqueen64	i hope so!!
yarnqueen64	could get a mini one if they can't get cervix out, but i will take mini compared to what i have now
kadger	Twilight, My church woman's group helps me alot. I have a house full of boys. They don't understand
darktowerdream	[b]I am having very mixed emotions- and having Asperger's its hard to (I cant think of the word) express them or understand them
TwilightRose	I think my dr said I shouldn't need them because of my age, but I don't understand, if you take out everything, how can you NOT need any hormones?
pelvicpain	the hospital wanted someone with me when I got home but I was so groggy, I wish the help would have come in about 3 days later
fritzi64	Even if you keep your ovaries, your hormones will be reacting to the loss of the uterus, and you may have some odd mood swings. And we have forums that can help you deal with menopausal symptoms, based on whether you kept ovaries and can take HRT or not.
tauruslady	Twilight - it can depend on how close to menopause you are. If you are older and you can handle any menopause symptoms you may not need them.
fritzi64	darktowerdream, I admire you for being here and trying to express and understand your emotions. That's such an important step in being able to face this surgery.
pelvicpain	I can't help on the hormone front , because I kept an ovary , my issue is pelvic pain & a doctor has even still suggesting I get on the pill,
yarnqueen64	I can't take them, my sister had breast cancer
TwilightRose	My dr recommends black cohosh if I have hot flashes, but because I am on bloodthinners, can't take it.
TwilightRose	Any recommendations other than black cohosh?
TwilightRose	tauruslady, I am 44.
kadger	I want the hormones. I have already had hot flash issues with my ovaries and they will be gone
pelvicpain	My mom went through her change of life without any hormones, she just had the night sweats,
tauruslady	Twilight - that may be why they feel you may not need it.
lreidmcc	as a breast cancer survivor hormones will not be an option for me so

	I'm scared of the symptoms of instant menopause
Ireidmcc	I'm so afraid menopause is going to turn me into a raving lunatic
kadger	Did most of you go home with a patch?
tauruslady	They believe you are close to menopause. I use testosterone for libido and some vaginal estrogen for dryness / atrophy
fritzi64	I kept my ovaries, but they never completely "woke up" after surgery, so I was completely unprepared for symptoms of low estrogen. I have been on a low dose of estradiol as well as estrin for dryness.
darktowerdream	[b]Wild Yam Cream can be beneficial
kadger	Do the herbal things really help, like Estroven?
tauruslady	Kadger - I did not because of the cancer, I am not allowed estrogen patches or orally.
TwilightRose	My thyroid is out of whack too, so I will be a hormoanl mess. LOL. My primary dr adjusted my thyroid meds, will have bloodwork to check for that soon.
kadger	I am already a raving lunatic!
pelvicpain	I had add back pills when they put me on lupron (chemical menopause) I just didn't like taking a pill every day.
tauruslady	TwilightRose - that is great you have a Dr. working with you alrady.
fritzi64	It's important to ask your doctor what symptoms to expect, and spend time reading our various resources on hormones
fritzi64	Hi monkey2
darktowerdream	[b]They are leaving my ovaries but I am concerned since I have frequent cysts and will the hormones be off balance? as if I need more mood swings
Ireidmcc	kadger, we can be lunatics together - LOL!
tauruslady	There are some lists of symptoms in the hormone forum menu. Most people don't realize there are 33 menopause symptoms.
Ireidmcc	33 symptoms, now I'm really afraid :(
tauruslady	Usually it is the night sweats / hot flashes :)
fritzi64	Most women don't experience all of them, fortunately.
pelvicpain	One thing I'd like to add, not to scare anyone, but all the ads about how easy hysterectomies are, is true for the doctor & it looks easy to you if you have the laproscopic surgery such as I had, but it is a serious surgery, be careful & get your rest. it is major surgery. it just won't look like it
fritzi64	Pelvicpain, you're right. No matter what surgery type we have, our recoveries are all hard. The same tissues are cut and cauterized, no matter what route the doctor takes to get to that tissue.
Ireidmcc	the hot flashes I think I can deal with....I live in Florida, it's the night sweats that scare me
fritzi64	We have about 15 minutes left in the chat, so let's move on to your questions about a return to intimacy after your hysterectomy.
kadger	What about going back to work? I have only asked for 2 weeks off for now. I am having DVH
TwilightRose	Do they pass? Do you have to "do" soemthing to amke them go away? Or just ride them out?
fritzi64	Twilight, with the hotflashes, I've found it helpful to dress in layers. At night, I usually wear a cotton t-shirt to wick away any perspiration.
tauruslady	TwilightRose - they pass but some women have them for a several moments. Dress cooly, cool towels and the like.
jadak	I am wondering that also kadger.
tauruslady	Kadger - are you keeping your cervix?
fritzi64	I would suggest that you take as much time as possible away from

	work. It's better to have more time than you need than less.
kadger	I dont know
pelvicpain	Kadger, ask your doctor, I took 4 weeks off. with the lapraroscopy. I was sore, & things like backing out of the garage, the twisting was painful for me for a while, we have a family business & because of the ads people expected me to get back to work in 1 week. its hard on the insides,
tauruslady	Those keeping their cervix have a better shot at being back at work in 2 weeks
jadak	I am thinking/wondering is 3 weeks enough then back as light duty ok?
kadger	What about emotions Did some of you cry alot after surgery. I am alraedy on antidepressants
tauruslady	I ha a dvh and I was out 6 weeks, my surgeon told me 6 to 8 but I was also having lymph nodes removed.
fritzi64	Kadger, I was on antidepressants pre-op as well. I cried a lot during the first couple weeks after surgery, and then I returned to a more even demeanor.
yarnqueen64	jadak what kind of surgery?
jadak	From what the dr said I will keep my ovaries and ovaries. Vaginal.
kadger	What about driving?
tauruslady	I would say 4 to 6 is more realistic for most and that is initial recovery.
tauruslady	Full recovery is 6 months to a year.
tauruslady	I cried a lot
fritzi64	I didn't feel fully recovered for about 11 months.
pelvicpain	My husband cried alot after my hysterectomy LOL, they appreciate you much more
jadak	lol thats cervix and ovaries
lreidmcc	what were some of the things that made you cry...i have young girls and don't want to appear to be a disaster
tauruslady	Driving for me was around 3 weeks.
tauruslady	LReid - everything...tv commercials, tv shows, babies, being near my husband.....
fritzi64	lreid, I explained to my kids that I was going to be crying a lot and that it didn't mean I was truly sad, just that my body was too tired to remember what I was feelings
fritzi64	I cried at commercials for online colleges, flowers, football games, etc.
pelvicpain	My doctor took the cervix
TwilightRose	what do you mean "full recovery"? emotionally? i find that tiem frame a little more than I bargained for.
tauruslady	Well my surgical menopause, some items after the surgery and cancer dx threw me into clinical depression.
fritzi64	Twilight, I felt fully recovered when I realized that I was no longer experiencing any aches or twinges related to the surgery, and when it wasn't something I thought about every single day. And I was feeling normal, not like I was still recovering from something big.
yarnqueen64	i hope he can take my cervix too
yarnqueen64	2% chance he cant
jadak	do you only have the emotional side if you loose your ovaries?
lreidmcc	I guess i should stock up on kleenex then...thanks for the heads up
pelvicpain	full recovery, the insides are healing, there are lots of cuts, & a cuff they put in. they will tell you to limit lifting & bending, I didn't listen & had lots of adhesions & had another surgery 4 months later.
kadger	What about sex? I have low desire now before surgery. And does it hurt alot the first time?

tauruslady	I would say 6 months to feel pretty good, 11 months was when I used the word normal
fritzi64	I kept my ovaries and had major mood swings. Your ovaries just don't know how to act without the uterus to communicate with.
tauruslady	Probably 3-4 months for the emotions to fully reside.
fritzi64	Kadger, I was very nervous about having sex for the first time. I had lots and lots of lube ready, and we took things very slowly
TwilightRose	Oh thank you!
tauruslady	Emotional is from the anesthesia and from the trauma to your body and just healing, than throw the hormones in there besides.
darktowerdream	[b]the dr is removing the uterus and cervix because I also have a cervical fibroid Im concerned how the ovaries will function
fritzi64	Most women who keep their ovaries do quite well. I had already begun experiencing some symptoms of menopause, so my ovaries were more primed to not react well.
tauruslady	Kadger - I had some muscle issues so had pain that I had to go to Pelvic floor physical therapy. It did hurt but take it easy the first times.
TwilightRose	I am not in a physical relationship, but I am concerned my libido will go with my uterus,
tauruslady	You probably want to be in a position where you control things.
tauruslady	Twilight the ovaries have more of an effect than just the uterus. One thing is that if you aren't in a relationship it is an adage of "use it or lose it"
fritzi64	It does take some women quite a while for their libido and response to return to normal.
darktowerdream	[b]Ive been having night sweats and hot flashes but dont know why
tauruslady	You may need to have use something to keep things in working order.
tauruslady	Give yourself time. Think of the whole experience as the first time.
tauruslady	Darktower - sounds like your hormones could be in flux now.
fritzi64	I was 44 when I had my hysterectomy, so that may have been a factor with my ovaries.
pelvicpain	Could I add, some of the questions about the cervix & things, you may have a nicer doctor than I had but some of those decisions he makes, he don't wake you up to ask, & he don't go out & ask your hubby., I read the sites about being open with your doctor & it's a team, effort. it's not, he does what he wants
fritzi64	We have about five minutes left with the chatroom, so I've removed the moderation.
fritzi64	If there are any of your questions we didn't get to, please feel free to ask them now.
pelvicpain	My sex drive hasn't suffered at all,
lreidmcc	thanks everyone this has been so informative
TwilightRose	I am trying to focus on the freedom I'll have. No more trips to by tampons, i can wear white with confidecne. No more looking when I get up. Going to be a whole new life!
pelvicpain	You'll love vacation times too, no worries. Best wishes to everyone & keep posting here
pelvicpain	good night
kadger	Yes twilight, I am looking forward to that too. No more stains or surprises
TwilightRose	yes. and no more period panties!!!!
lreidmcc	no more having to change the bedsheets in the middle of the night to soak out the blood stains
jadak	oohhh burning the period panties party

TwilightRose	I hope we can keep in touch on the boards, I feel comfortable chatting with you ladies
Ireidmcc	i'm starting to see the positive side
fritzi64	For women who experienced heavy bleeding or bad pain before surgery, it's easy to find positive things to look forward to.
TwilightRose	Yes!
tauruslady	Fritzi - you are right about that.
kadger	Me too! You gals are a God send!
darktowerdream	[b]I had my last period as a reminder of why I am doing this
fritzi64	Sometimes, it isn't so easy, though, and I'm glad there are places here for all kinds of feelings.
jadak	yeah but its still a scary hard confusing, lost feeling decision.
TwilightRose	I am already planning to burn all the feminine hygiene products in the house
Ireidmcc	don't burn them donate it all to charity, there's lots of unfortunate women who can't afford tampons and pads
fritzi64	Jadak, even though I was certain that a hysterectomy was my best choice and I was no longer concerned about being able to have children, I had moments of deep sadness about the surgery.
TwilightRose	I can just see me explaining to the fire department why the air smells like smoldering plastic! LOL
darktowerdream	[b]Does anyone know if Fibroids can effect vitamin levels in the body?
yarnqueen64	i have two girls although they dont want my granny pads
kadger	That is true. I work at a woman's shelter
tauruslady	Remember we have the Aching Hearts forum if you need extra hugs.
jadak	Where do you post (what thread) for questions? I noticed the introduce yourself is mostly bot then 1 mod response area.
tauruslady	Darktower - don't know about that one
fritzi64	darktower, I have no idea
kadger	Thanks. Hugs are good
fritzi64	You might want to ask about that in the Pre-op forum, in case someone else knows.
tauruslady	Jadak - you would go to the Pre-Op forum and start a new thread for your questions.
tauruslady	You can read any forum but won't be able to post in post-op until after your surgery.
TwilightRose	darktower, if having bleeding from the fibroids is an issue, I think it is possible to be anemic (iron)
fritzi64	If you go to the Pre-op forum, you'll be able to click on the New Topic button.
yarnqueen64	i was for years
jadak	ok I just wanted to make sure that was the correct one.
darktowerdream	[b]I was told my Vitamin D is severely Low but my B6 levels are almost toxic
kadger	Did anyone need a blood transfusion?
tauruslady	I did not
Ireidmcc	good night all
fritzi64	I didn't.
TwilightRose	tauruslady, I was trying to comfort a lady in the post op section, but it wouldn't let me.
fritzi64	It's time for the room to close.
fritzi64	Thank you all for being here
fritzi64	and for supporting each other as you prepare for your own hysterectomy.
jadak	thanks, and night

darktowerdream	[b]thanks
TwilightRose	Good night!
fritzi64	A transcript of the chat will be available tomorrow.
TwilightRose	wher?
fritzi64	and post your questions in the Pre-op forum
TwilightRose	where?
tauruslady	TwilightRose - once you had your surgery you can do that.
fritzi64	oh, on the page you went to where you clicked on "click here to chat"
fritzi64	there's an archives tab
TwilightRose	Thanks!
kadger	Good night I will be praying for us. Count down time 12 hours until surgery
fritzi64	and that's where all the transcripts are posted
fritzi64	good luck tomorrow kadger!
fritzi64	the chatroom is about to close
fritzi64	so you may see a message that you've been kicked out
yarnqueen64	good luck kadger!!!
fritzi64	you can just close your window or click on another link to log out
fritzi64	good night!

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