



Hello,

Thank you for reading. I like to think of myself as an “Endo” Advocate” after countless years of suffering, I am working to pay it forward and help Women not suffer as long as I have with Endometriosis.

I hope this packet helps you prep for your upcoming surgery.

In this packet, I have included information to help with preparation for surgery. I know that it can be stressful to plan surgery, I hope the following information can make the process as smooth as possible.

Please feel free to reach out at any time via email or IG if you have questions or concerns. I am here to help you and look forward to you feeling better.

Ps. I am not a doctor. Please consult a healthcare provider for appropriate advice, prescription, and safety precautions. The tips and advice presented are in no way intended as a substitute for medical consultation.

Sincerely,  
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### **Medications to avoid TWO WEEKS prior to surgery**

Anticoagulants (blood thinners): *Prescription anticoagulants include:*

- warfarin (Coumadin)
- enoxaparin (Lovenox)
- clopidogrel (Plavix)
- ticlopidine (Ticlid)
- aspirin (in many versions)
- non-steroidal anti-inflammatory (NSAIDs) (in many versions)
- dipyridamole (Persantine)

*Non-prescription (over-the counter or herbal) anticoagulants include:*

- Aspirin (in many versions)
- non-steroidal anti-inflammatory (NSAIDs) (in many versions)
- Vitamin E
- garlic
- ginger
- ginkgo biloba

No regional anesthesia can be given in the setting of anticoagulant therapy.

**Monoamine Oxidase Inhibitors (MAOIs):** *MAOIs include:*

- tranylcypromine (Parnate, Sicuton)
- phenelzine (Nardil, Nardelzine)
- isocarboxazid (Marplan)
- rasagiline (Azilect)
- selegiline (Eldepryl, Deprenyl)
- linezolid (Zuvon) (an antibiotic)
- St. John's Wort

**Smoking- DO NOT SMOKE TWO WEEKS PRIOR TO SURGERY.**

### **How to prep and pack for surgery**

Personal items: every patient is different and therefore every patient finds comfort through their own means. I recommend creating a list of groceries, objects, etc. that will provide you comfort and eliminate stress as you prepare for surgery. I also advise a “post-surgery shopping list,” as you should not be going out to shop right after your surgery. Below is a list of such things that I frequently hear from patients helped them relieve some of their stresses. Prep this before surgery. Don’t over pack if you are traveling you will wear mostly PJ’s and bring skirts or dresses, you will not want to wear anything with a tight waist band. Do not travel alone. You will need help.

- Heating pad, cold packs
- Pads, panty liners
- Lots of fluids (Gatorade, ginger ale, etc.), Ginger tea, snacks just in case you experience nausea
- Light foods (soups, Jell-O, etc.)
- Comfortable clothing, loose fitting clothing (sweatpants, comfortable bra, etc.) Consider buying a larger size in your lower garments. (pants, underwear)
- Warm, clean blankets and sheets
- Entertainment: books, movies, magazines, headphones etc.
- Prepare and freeze meals in advance you will not be cooking for some time.
- Phone or tape recorder to record conversation after the procedure and post op
- A little pillow for car rides (don’t let the seat belt touch your tummy)
- Clean the house you don’t want to worry about that when you are home, prep the house for a comfy place to recover. (easy path to the restroom) (avoid stairs)
- Sound machine or anything you need to help you sleep, ear plugs
- Eye Mask

Remember, it is normal and healthy to feel a bit anxious, especially if this is your first surgery. Reach out to friends and family for love and support, as well as your endo sisters, and online support groups.



- **Over the counter medication:** This can be helpful to reduce shoulder and back pain often caused by the gas used to fill the abdominal cavity following laparoscopic surgery. Discuss with your surgeon what medications could be right for you.
- **Stay hydrated and consider a mild stool softener:** Following endometriosis surgery, especially in cases of bowel and rectal endometriosis, there can be delays in passing a bowel movement. Thus, it is crucial to stay hydrated and a mild stool softener could be worth discussing with your surgeon. Stray away from suppositories, laxatives, and enemas. Have water on hand at all times.
- **Comfortable place to rest:** Make sure you have the remote, pillows, and blankets all by you. Pillows are huge help in the car, plane, and if you have to cough or sneeze in the coming days.
- **Light diet:** Give your bowels and body the rest and time it needs to adjust post-surgery. Thus, it is a good idea to eat lightly for your first few days post-surgery. Smoothies, protein shakes and other “liquid meals” are easier to digest.
- **Bathing:** make sure someone is home for your first shower, make sure it’s not too hot or long. This process will be draining the first few days.
- **Sleep:** Prepare you are going to be sleeping more than normal the first few weeks.
- **Use a heating pad:** Patients often find a heating pad comforting even prior to surgery for their endometriosis symptoms. However, a heating pad will be exceptionally helpful come post-surgery for any muscular aches or pains.
- **Stay active but give your body time to rest:** While you should give your body time to rest post-surgery, you should also try and get up and move around a bit within 24 hours of your surgery. This is why it is so crucial to stay physically active prior to surgery if possible. However, do not overdo this! Right after surgery, simply walking around the house is enough. Do not try and walk miles. Stay where you are most comfortable. Don’t be discouraged, everyone’s body is different and heals differently. Let your body tell you what’s right. Don’t ignore being tired or hurting, rest as you need it, even when your mind says you’re fine.
- **Follow wound-care instructions:** Suture repair can often go overlooked by surgeons, it is important to keep your wounds clean and keep an eye out for any signs of infection, such as inflammation, pain, etc.

- **Be emotionally prepared:** Post-surgical healing is never an easy process and it is of course, different for every patient. Often times, a patient's first period following endometriosis surgery can be painful. But again, keep in the faith and trust in your surgeon when they tell you this is a normal aspect of post-surgery recovery. Most patients will report this pain, but after their second or third period that their pain has been relieved, even better than prior to surgery. Thus, it is important to be emotionally prepared for any of the ups and downs following endometriosis surgery.

### **Getting back into back in public**

- TAKE IT SLOW! At least for two weeks. There is no need to rush back to anything you need to heal and the easier you take it the more quickly you will heal.
- Be careful with dogs/cats they may try and jump on you
- Do not lift anything over 5lbs for AT LEAST 6 weeks.
- Do not push or pull anything for 6 weeks, mopping, vacuuming, laundry!

Always call your doctor if you have questions or something does not seem right, they are there to help you.

Wishing you an easy recovery, you are off to feeling better soon! <3