

Partners in Hysterectomy: Some Questions to Help You

Questions to Ask Your Physician Before a Hysterectomy

1. Why is a hysterectomy necessary for me at this time?
2. What types of hysterectomies might be appropriate in my situation?
3. Are there alternatives to a hysterectomy?
4. What will be removed in surgery, and how long will the operation take?
5. What are the possible complications? What problems are likely in my case?
6. How long can I expect to be in the hospital?
7. How long will it be until I can return to full activity?
8. What can I do before surgery to improve the outcome?
9. Will I have menopausal symptoms as a result of a hysterectomy?
10. What are my options for treatment and/or am I a candidate for estrogen therapy (ET)?
11. Will the hysterectomy have any long-term effects on my ability to exercise or my sex life?
12. What special instructions are there re: diet and medications (including supplements and over-the-counter medicines)?
13. Some doctors apply an ET patch immediately after surgery. Will you start me on an estrogen patch right away?

Questions to Ask Your Physician Before Leaving the Hospital

1. What restrictions are there on physical activity or diet during my recovery?
2. How do I deal with pain during recovery? What pain medications should I take, and how often?
3. Do you recommend or offer estrogen therapy if I develop menopausal symptoms? What different types of estrogen therapy are available?
4. What are alternatives to using hormones?
5. How can I improve my chances for a quick recovery?
6. When do I need to see you for a check-up?