

# Reversal Surgery Packing List

- Soft toilet paper
- Portable bidet bottle (peri bottle)
- Disposable underwear or liners for your underwear (in case of accidents)
- Pajamas, robe
- Gum - chewing gum can help to move your bowels after surgery
- Slippers - you'll need to walk to get things moving
- Hydration drinks, i.e. LiquidIV or DripDrop
- Wet wipes (discard in the trash)
- Your normal toiletries
- Electronics & appropriate chargers, earbuds/headphones
- A long charging cord for your phone
- Calming cream, aka 'butt cream' - Desitin, Calmoseptine
- GasX - if allowed
- Air freshener - you'll be gassy, if all goes well!
- Peppermint tea - can stimulate the bowel
- Sleep mask & ear plugs
- Blanket
- Lip balm
- Hand sanitizer for your bed table
- Lotion
- Ginger chews or hard candy to calm your belly



When it's time to check out, have someone bring you a pillow to cradle against your abdomen for the ride home. Bring a drink with you on the ride.

