

Chewing gum: post-operative effect on women's recovery and bowel motility following gynecologic-abdominal surgery

Background: Ileus commonly happens post abdominal surgery and is associated with complication and may delay recovery. The study is hypothesized that chewing gum decreases postoperative ileus by improving early recovery of gastrointestinal function. **Aim:** The study aims to investigate the effect of chewing gum on the postoperative recovery of gastrointestinal function after gynecological and abdominal surgery. **Methods; Design:** A quasi-experimental research design. **Setting:** the study was conducted at the general surgery department, and gynecological department at the university hospital in El Fayoum city. **Subjects:** a purposive sample of 60 postoperative women. **Tools:** Data collection tool consists of structured interviewing schedule, post-operative assessment sheet, and patient satisfaction of using gum. **Results** there was significant difference between two groups according to patient's performance after surgery, also there was significant difference between two groups as regarding vomiting time, abdominal distention and amount of oral fluid intake. **Conclusion:** the study conclude that chewing gum is an accessible, effortless, safe, harmless, cheap, and effective method in declining ileus and accelerating gastrointestinal recovery after gynecological and abdominal surgery. **Recommendations:** Chewing sugar-free gum should be added in the protocol of nursing care after gynecological and abdominal surgery in the surgery units

Keywords: Bowel motility, chewing gum, gynecological and abdominal surgery and post-operative ileus