

Eating and drinking

You can eat and drink as you wish when you get home. However, some people find that their appetite is small at first. Please try and drink plenty of fluids, even if you do not feel like eating.

Sleep and pain relief

Restricted movement and/or pain can prevent you getting an adequate amount of rest. It may help to take a mild painkiller before you go to bed.

Going to the toilet

Changes in routine, activity and diet can lead to irregular bowel habits. This usually rights itself with time. If you are still having problems a few days after your operation, make an appointment to see your doctor.

Work or school

It will obviously depend on the type of operation you have had as to when you are able to return to work. If you are unsure, ask one of the nurses or contact your doctor.

Contact details

If you have any questions about any of the information contained in this leaflet please contact Branston Ward on 01522 573132.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in other languages, large print, audio (CD or tape) or Braille please email the Public Information Team patient.information@ulh.nhs.uk



United Lincolnshire Hospitals 
NHS Trust

Information for Patients
having a Gynaecological
Procedure as an In-patient

Gynaecology Department
Lincoln County Hospital

01522 573132
www.ulh.nhs.uk

Date and times for you to attend for surgery

Procedure details

The day of your operation is

Please report to Lincoln Surgical Admission Lounge (SAL) or Branston Ward Reception at

Expected date of discharge

We would be grateful if you would make any arrangements necessary to enable discharge by 12 midday on this date.

Please note: If you cancel two appointments, Trust Policy states that you may be removed from the Waiting List.

Transport

Transport is not automatically booked for journeys to the Hospital. If you require transport to take you to hospital for this procedure, please contact NSL Care Services directly to arrange own transport. Telephone No: 0843 3571556.

Car parking

Car parking facilities are very limited and there is a charge for parking. You are advised to allow time to find a parking space.

Your discharge letter will be emailed to your GP. If you need a follow up appointment one will be sent through the post to you.

Important information

For 48 hours after your operation:

- **Do not** drive a car (you will NOT be covered by your insurance) or ride a bicycle. Depending on the type of surgery you have had you may need to avoid driving for longer. See your nurse for further guidance
- **Do not** operate any machinery or do anything that requires skill or judgement (this includes working, cooking and housework)
- Avoid drinking alcohol
- Avoid taking sleeping tablets
- Observe any special precautions which the nurses may have advised

If you are worried about your condition after discharge, please contact your GP.

Useful hints to help you recover

Rest and Activity

Most people are surprised at the length of time it takes to get over an operation. Many people feel tired when they first go home and feel frustrated by not being able to do things they want. If this happens to you, do not worry as it is quite normal. Some people find it useful to make a plan to increase their activities gradually over the next few weeks.

Bathing or showering

If you do not have any wound dressings, you may bath and shower as normal the following day. However, please be aware that you may feel a little light-headed when getting out of the bath. If you have any dressings, please follow the advice in the wound care leaflet.

We advise you not to bring any valuables with you, as the ward does not have any facilities to lock away valuables.

On the day

When you arrive on the ward please report to the nurses' station. One of the staff will then show you to the day room or your bed area.

One of the nurses will then introduce themselves and take you to your bed area. She/he will ask you some questions in order to prepare you for theatre and answer any questions you may have about your proposed operation.

The doctor will see you before you go to theatre in order for you to sign your consent form (if you have not already done so). The anaesthetist will also visit you before theatre.

We will ask you to change into the theatre gown about 30 minutes before you are due to go to theatre. One of the nurses will escort you to theatre where you will be met by the theatre staff. They will check your details with you and take you through to the anaesthetic room where you will go to sleep.

You will wake up in the recovery room where you will stay until you are awake from the anaesthetic. You will then be transferred back to the ward where you will be able to complete your recovery.

After a while you will be offered sips of water and gradually recommence normal diet and fluids. How quickly this happens will depend on the type of surgery you have had.

You will be seen before discharge by either the doctor or the nurse and any planned treatment will be explained.

You will be given information on wound care (if needed) before discharge.

Introduction

We will make every effort to make your stay as comfortable, relaxed and as pleasant as possible.

This booklet aims to answer your questions and hopefully put you at your ease.

After reading the information and guidance in this booklet, please do not hesitate to contact us should you feel concerned in any way.

About the ward

We have bedside telephones on the ward; there is also a public telephone located in the lift lobby on the ground floor. If you need to make a phone call to arrange your transport you may use the ward phone.

Your named contact person may phone the ward anytime to enquire about you. It would be helpful if your contact person can pass on information to all your friends and relatives on your condition, as staff are not allowed to give out confidential information to other people enquiring. We would be grateful if visiting could be restricted to two people at a time as we are limited for space around the bed areas.

Visiting times are: 2.00pm – 4.00pm
 6.30pm – 8.30pm

Smoking

The hospital has a no smoking policy and you are asked to abide by this. There are designated smoking areas within the hospital grounds which are clearly signed. We ask that if you wish to smoke that you use these areas only.

We want you to be our partner in care

Please help us by:

- Providing full information on your health history and related matters
- Following agreed treatment that has been discussed with you
- Accepting responsibility if you refuse treatment or clinical advice
- Keeping appointments or giving notice to the hospital if you are unable to do so

Being prepared

Your family

If you have young children you will need to arrange childcare as the Wards **do not** have any childcare facilities.

Eating and drinking

- **If you are having a morning operation.** Do not have anything to eat or drink, other than water, after midnight. You may drink water only until 6.00am, after that nothing at all. Please do not chew gum or suck sweets.
- **If you are having an afternoon operation.** You may have a light early breakfast at 7.30am (tea or coffee, toast or cereal). You may drink water only until 11.00am, after that nothing at all. Please do not chew gum or suck sweets.
- **If you are having a local anaesthetic.** You may eat and drink as normal.

Transport

You should not drive yourself home, use public transport or go home in a taxi on your own after your operation, therefore, please arrange for someone to accompany you home.

Smoking

If you smoke it is advisable to stop for 2 days before your operation.

Jewellery, make-up and nail polish

Please do not wear any jewellery, except a wedding ring. Please do not wear any make-up or nail polish on your fingers or toes.

Bath or shower

Please have a bath or shower on the morning of your operation.

Following discharge

If you are having a general anaesthetic, it is important that you have an adult staying with you following your discharge home for 24 hours. This is because the anaesthetic takes that amount of time to get out of your system properly.

Things to bring with you

- Any drugs, medicines or inhalers that you are using
- Dressing gown and slippers and a basic wash kit
- Nightdress or pyjamas
- Some sanitary towels
- Something to read in case there is a wait before you go for your operation