

Day 3

- You should shower independently
- You should aim to walk 60 metres x 3 times

Walk 1 Walk 2 Walk 3

- You will have tablets for pain control and laxatives if necessary.
- You will self administer Clexane injection.

Contact numbers

If you require advice/ information regarding the contents of this leaflet, please contact the Gynaecology team on:

Lincoln County Hospital

Branston Ward - 01522 573132

Pilgrim Hospital

Ward M2 - 01205 445431

or speak to ward staff.

References

If you require a full list of references for this leaflet, please email patient.involvement@ulh.nhs.uk or contact 01476 464560.



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

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Public Involvement team at patient.involvement@ulh.nhs.uk



United Lincolnshire Hospitals 
NHS Trust

Gynaecology Enhanced Recovery Programme Daily Goals

Gynaecology Departments

Pilgrim Hospital 01205 445431
Lincoln County Hospital 01522 573132

www.ulh.nhs.uk

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Aim of the leaflet

This leaflet should help you to understand and clarify some of the key aspects of the Enhanced Recovery Programme. This programme uses a number of interventions to speed up your recovery and help you get better sooner.

During your hospital stay you will have Daily Goals which you will be encouraged to achieve. A team of Doctors, Nurses and other Health Care Professionals will be monitoring your progress and will support you in reaching your goals.

This leaflet should help you to monitor your own progress before and following your surgery and is to be used as a guide only, as recovery times can vary with individual patients.

Day before your operation (as advised at pre-assessment)

Pre-load drink: 4pm and 10 pm

Or, it would be advised that you eat an evening meal high in carbohydrates e.g. pasta, potatoes etc.

Day of Operation

No solid foods or drinks containing milk 6 hours before surgery.

Take 3rd and final pre-load drink 3 hours before surgery (if provided at pre-assessment).

You may drink clear fluids up to 2 hours before surgery.

Support stockings will be provided and you will have an injection to thin your blood (see VTE reference at foot page 3).

On arrival back onto the ward, you will be offered fluids to drink and something to eat once you feel able to do so.

You should perform deep breathing exercises.

You should aim to sit out of bed for a short period in the evening.

Day 1

- You will be allowed to eat and drink normally
- Your pain control will change to tablets
- Your IV fluids (drip) will be removed
- Your catheter (if you have one) will be removed by 10am
- You should sit out in the chair in the morning, afternoon and evening
- You will be assisted with personal hygiene/ shower
- You should aim to walk 30 metres x 3 times

Walk 1 Walk 2 Walk 3

- You may wear your own clothes
- Your wound drain (if you have one) will be removed.
- You should perform daily exercises
- *VTE Education - observe nurse administer your Clexane injection

Day 2

- You will eat and drink normally and aim to take your meals in the dining/ Day Room
- You should sit out in the chair in the morning, afternoon and evening
- You may wear your own clothes
- You should aim to walk up to 60 metres x 3 times

Walk 1 Walk 2 Walk 3

- You should shower independently.
- You should perform daily exercises.
- You will have tablets for pain control.
- *VTE Education - Nurse will observe you to self administer Clexane injection.
- You will be reviewed and given discharge advice.
- You will be discharged home.

***VTE - venous thromboembolism (blood clot) - Clexane injections administered to avoid blood clots developing post surgery. Patients on anticoagulant therapy e.g. warfarin will recommence following surgery as per Trust guidelines.**