

# The Gynaecology Enhanced Recovery Programme

## Gynaecology Department

Information for Patients

Last reviewed: May 2024  
Updated: August 2024  
Next review: May 2027  
Leaflet number: 920 Version: 3.1

### What is enhanced recovery?

This leaflet is to help you understand the Gynaecology Enhanced Recovery Programme and **how you will play an active part** in your recovery. It describes the steps in your journey of care until you are ready to go home. This is usually 1 to 3 days after your operation. Some parts of this care programme may be different from what you might expect as it is different to traditional care but it can improve your recovery.

Enhanced recovery will hopefully lower the risk of medical problems after the operation by following a clear step by step plan.

You will play an active part by:

- following a special plan with food supplements before you come into hospital. This will make sure you are well nourished and hydrated. This helps your wound to heal and with energy levels after your operation.
- sitting out of bed 6 hours after your surgery. This will help lower the risk of feeling sick (nausea) or being sick (vomiting) after your operation. The nurses will help you with this.
- taking regular walks around the ward and after you have gone home. This will lower the chance of chest infections and blood clots in the blood vessels (deep vein thrombosis (DVT)) or lungs (pulmonary embolism (PE)).

If there is anything you are not sure about, please ask a member of staff or call one of the numbers at the end of this leaflet.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## The day of your operation

### Theatre Arrivals Area (TAA)

- You will be admitted to Theatre Arrivals Area (TAA) on the day of your operation.
- The ward nurse will go through a safety checklist with you and check your observations (blood pressure etc.).
- The nurse will show you around the ward and then show you where to wait.
- You will be given a gown and disposable pants to change into.
- The nurse will measure your lower legs and give you a pair of stockings to lower the risk of blood clots in the veins of your legs as long as they are safe for you to use. These should be worn while you are in hospital and 2 to 6 weeks afterwards depending on your operation.
- After your operation, you will wake up in the recovery area. Once you are fully awake and well, you will be taken to ward 31 with your belongings.

### Ward 31

- It is important that you do deep breathing exercises. Breathe in through your nose and relax the air out through your mouth. Do this at least 5 times an hour. You may have some oxygen through a mask or through your nose when you go back to the ward.
- The nurses will help you out of bed into a chair 6 hours after your operation. You need to stay in the chair for 30 minutes. The nurse will then help you back into bed.
- In bed it is important to move from side to side to stop your bottom from becoming sore. Again the nurses will help you to do this and will continue to do so throughout the night.

### Eating and drinking after your operation

After your operation it is important that you drink unless you feel sick. Depending on the type of operation you have had you will be offered nutritional drinks and a light, normal food by the nurse.

### Managing pain after the operation

You can expect to have some pain after the operation - this is normal. Good pain relief improves your recovery as you can walk about, breathe deeply, eat and drink, feel relaxed and sleep well. You may have patient controlled analgesia (PCA). This has a button that you press to give yourself pain relief. There is a security device that prevents you taking too much. The anaesthetist will discuss these options with you before the operation. You will also be given other pain killers by mouth or suppository which help in different ways.

### Feeling sick

- After your operation you may feel or be sick. This is usually caused by the anaesthetic or some of the drugs that are used. You will be given medication during your operation to reduce this.
- Sitting out of bed for a short period of time and sitting up in bed will also help to reduce this. If you continue to feel sick the nurse can give you more medication that should help.

## **Tubes, drips, drains and vaginal packs will stay in place until the next day**

- You will have a drip put into your arm and fluid will be given through this to make sure you do not become dehydrated.
- Whilst in theatre a tube (catheter) may be placed into your bladder so that your pee (urine) output can be measured.
- You may have a drain (small tube) coming out of your tummy wall which collects old blood left at the time of the operation.
- If you have your surgery through your vagina you may have packing (like a tampon) placed into your vagina to lower the risk of bleeding behind the stitches.

## **Monitoring**

While you are in hospital we will check your blood pressure, pulse, breathing rate and temperature regularly throughout the day and night. We will also check how much fluid you are taking in.

## **The first day after your operation**

### **Pain control**

Your PCA will be removed this morning if you had one. The nurse will give you regular painkillers to help control your pain.

### **Tubes, drips, drains and vaginal packs**

- If you still have a drip in your arm and you are eating and drinking well this will be removed.
- Your catheter will be removed at 6am (unless you have a vaginal pack). You will need to pee into a container so the nurse can check how much pee you are passing. The nurse may also do a scan on your bladder to check that your bladder is emptying properly.
- If you have vaginal packing this will be removed by the nurse in the morning and the catheter will be removed 1 hour after your vaginal pack has been removed.
- If you have a drain in your tummy this will usually be removed by the nurse.
- Removing these tubes and drains as soon as possible helps to reduce the risk of infection and also helps you to move around more easily.
- You may have a blood test this morning.

### **Moving around**

On each day after your surgery you should try to sit out in the chair for short periods with rests on the bed as needed. You should try to walk along the ward corridor and back 4 times (about 60 metres 4 times).

Being out of bed in a more upright position and walking regularly helps you to improve your breathing. There is also less chance of you developing a chest infection or clots in your legs. It also helps your bowel to work sooner.

## The importance of rest and recovery

We believe that a balance of rest and gentle exercise is important to help you recover after your operation. Ward 31 aims to make sure you have a chance to rest during the day. The best time on the ward to do this is between 1pm and 4pm.

We would ask you and your visitors to:

- switch mobile phones to silent/ off and take any calls away from the bay area.
- not use noisy social media/ video call/ games etc.
- use personal head sets or earphones to listen to electronic devices.

## Going home after your operation

For most operations you can expect to go home the next day in the late afternoon or early evening. If operation was more difficult or “bigger” you may go home a day or two after that unless there have been any complications.

## Pain control

We would recommend that you continue to take these painkillers regularly when you go home. Your nurse will advise you and also give you an information sheet.

## Contact details

Leicester General Hospital - Gwendolen Road, Leicester LE5 4PW:

Pre-assessment Clinic (open Monday to Friday 8am to 4.30pm)	0116 258 4839
Theatre Arrivals Area 1	0116 258 8210
Ward 31 (visiting hours - 11am to 8pm)	0116 258 4843

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)