

Preparing for gynaecological surgery at the East Midlands Planned Care Centre

Gynaecology
Information for Patients

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Introduction

This leaflet helps you to prepare for gynaecology surgery. Before your procedure, you will need to follow the instructions in this leaflet. This will lower the risk of possible complications during your surgery. Your clinician will tick the instructions you need to follow on page 2.

Contact details

If you have any queries please check if they are answered in this leaflet. If you need to, you can contact us on the numbers below:

- **Pre-operative Assessment Clinic (Leicester General Hospital)**

0116 258 4839 (Monday to Friday - 8am to 4pm)

- **East Midlands Planned Care Centre (EMPCC)**

Leicester General Hospital, Coleman Rd,

Leicester LE5 4PW

Phone : 0116 502 1421

Scan the QR code to go to Leicester's hospitals website:

<https://www.uhleicester.nhs.uk/>



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*There are staggered admission times for patients from 7am to 7:30am for morning sessions and 11:30am to 12:30pm for afternoon sessions.

Patient name: _____	
Contraception	It is very important that there is no risk of you becoming pregnant around the time of your surgery or just after . Please use effective contraception from the start of your period before the procedure, (if you still have them) up until the day of the procedure. Withdrawal or pulling out before coming (ejaculation) is not safe enough for procedure as most men release sperm before they ejaculate.
2 days before your surgery: Date:	Start using the antibacterial wash (see instructions on page 3)
Day before surgery: Date:	Stop alcohol and smoking 24 hours before surgery
Day of surgery: Date: Admission Time :	Morning appointment: Fasting time: • Between 2am and 6am - Do not eat. Drink plain water only (no chewing gum). • From 6am - Nil by mouth.
	Afternoon appointment: Fasting time: • Before 7am have a light early breakfast (toast or cereal). • Between 7am and 11am - Do not eat. Drink plain water only (no chewing gum). • From 11am - Nil by mouth.

What do I need to do when I arrive?

When you arrive at EMPCC staff will direct you from the main building reception to the surgery day case unit (SDCU) reception. You will be signed in here and wait for a member of staff to collect you. Family/friends are not allowed on to the ward. You can keep your mobile phone with you before and after your procedure. This will let you stay in contact with family/friends. You will stay on SDCU for the whole of your stay, unless you need Post-Op care. If that is the case you will go to our Post-Op ward (0116 502 1434). In both cases once discharged you can be picked up from SDCU reception.

What to bring

- Please bring all medications you are taking (prescribed and non-prescribed) in the green bag provided.
- Dressing gown or similar.
- Slippers or suitable shoes.
- Phone/ reading book/ magazine.
- Sanitary towels (regular or night sized towel).
- Glasses case/ hearing aid case/ denture case - where applicable.

What do I need to do before the surgery?

- If you are a smoker it is recommended that you stop 3 months before your surgery. If you are not able to do this you should aim to reduce the amount you smoke as soon as possible, in the lead up to your surgery.
- **You must stop alcohol and smoking completely 24 hours before your surgery and after your surgery.**
- Do not use any body lotion, cream or perfume.
- Do not wear any make-up.
- Remove jewellery and piercings.
- Remove all nail varnish, including clear polish, acrylics and shellac.
- Please use headphones/ earphones for all audio devices/ phones, and not the loud speaker.
- A member of staff will transfer your personal belongings securely to your recovery ward.
- The trust will not accept liability in the respect of any lost or damaged property or belongings
- **For diabetic patients on insulin and/ or tablets - once admitted, if at any time you feel faint, dizzy, or think you are having a 'hypo' please let staff know right away.**

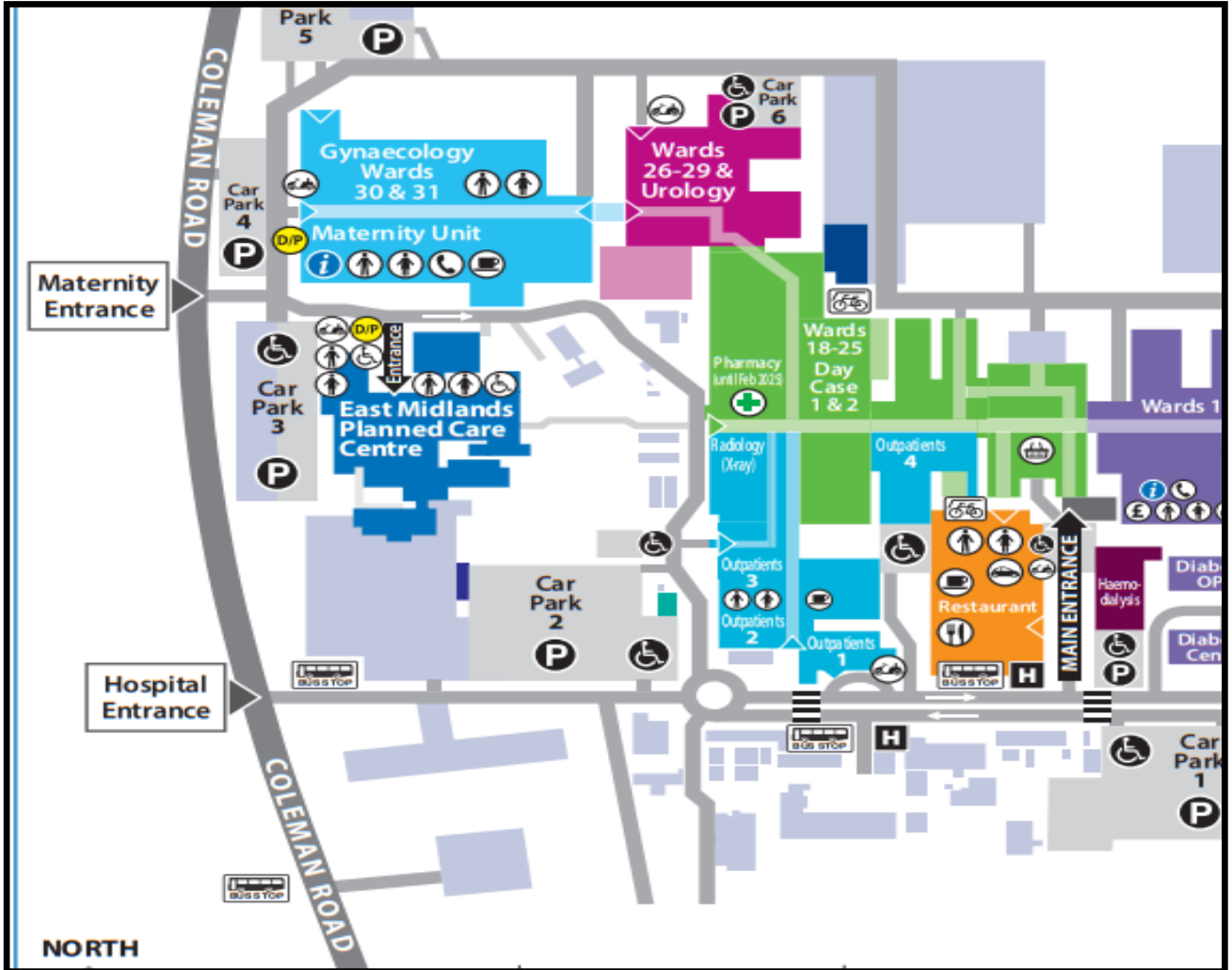
Using antibacterial wash

- To reduce your risk of infection during your hospital stay all patients are given an antibacterial soap to wash with. This soap helps to reduce the amount of germs on your skin.
- You need to start using this 2 days before your surgery. You need to use it on the day of surgery. You need to use it every day while in hospital.
- Apply the antibacterial wash directly onto wet hair and skin. Use a new or disposable cloth. This will prevent the spread of germs. Do not dilute with water. It will not be effective.
- As a pre-wash, rub the antibacterial wash all over your body. Use it in skin creases such as the under arms, groin, fingers and toes. Leave it on your skin for at least 30 seconds before rinsing.
- Wash your hair with the antibacterial wash once before your admission. You can use your normal wash products, shampoo and conditioner after you have used the antibacterial wash, if you wish. Finally dry yourself with a clean towel.

East Midlands Planned Care Centre (EMPCC)

When attending for a surgical day case appointment, please follow signs to waiting area or speak to one of the team in the main entrance.

East Midlands Planned Care Centre (EMPCC), Colman Road entrance. Building is next to Maternity. The closest car park is 3. When you enter EMPCC you will see the main reception, a member of staff will direct you to the surgical day case unit SDCU.



Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice. Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.

To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸے دوسرے زبان میں چاہتے ہو، تو 'ਵਿਰਧਾ' ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research