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Preparing for gynaecological surgery which might involve your bowel

Gynaecology

Information for Patients

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Introduction

You have been given this leaflet to help prepare you for gynaecological surgery might involve your bowel. Before you come into hospital you will need to follow the instructions in this leaflet to lower any possible complications during your surgery.

You will attend our Pre-operative Assessment Clinic before your operation. This is so we can check you are fit for surgery. **The nurse will go over the instructions in this leaflet with you at your pre-operative assessment appointment.**

Contact details

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

- Pre-operative Assessment Clinic: **0116 258 4839** (Monday to Friday, 8am to 4pm)
- **Admissions / recovery wards:**
  - Theatre Arrivals Area 1 (TAA1): **0116 258 8210**
  - Day case 2: **0116 258 8130**
  - Ward 31: **0116 258 4843**
  - High Dependency Unit (HDU) (for complex cases): **0116 258 4650**

The nurse will tick the specific instructions which you need to follow on the next page.

The items you need to follow the instructions will be given to you at your pre-operative assessment appointment:

Patient name: _	✓

5 days before your surgery: Date: _ _ _ _ _ _ _ _ _ _		Stop taking any tablets that contain iron.	
3 days before your surgery: Date: _ _ _ _ _ _ _ _ _ _		Start a low residue diet and follow for 3 days (see instructions on pages 3 to 5).	
		Take 2 senna tablets (7.5mg) twice a day. Take 2 in the morning and 2 in the evening.	
2 days before your surgery: Date: _ _ _ _ _ _ _ _ _ _		Start using the antibacterial wash (see page 5).	
		Start using the antibacterial nasal ointment (see page 5).	
Day before surgery: Date: _ _ _ _ _ _ _ _ _ _		After breakfast (10am), have clear fluids only until after your procedure (water, soft drinks, tea/coffee (**no milk**), meat extract drinks, clear soup).	
		2 Plenvu sachets: take the first one at 10am and the second one at 6pm.	
		Take **2** omeprazole tablets (20mg) at 12 noon (midday).	
		Take _ _ _ _ pre-operative hydration drinks (Nutricia) between 4pm and 10pm **(morning patients)**	
Day of surgery: Date: _ _ _ _ _ _	**Morning or long day surgery** **7am** ☐ **7.30am** ☐ **7.45am** ☐	Take 2 hydration drinks (Nutricia) before 6am.	
		Take 1 omeprazole tablet (20mg) at 6am.	
		Fasting time: • **Between 2am and 6am: Do not eat. Drink plain water only (no chewing gum).** • **From 6am: Nil by mouth.**	
	Afternoon surgery **11.30am admission**	Take 1 omeprazole tablet (20mg) at 6am.	
		Take 4 hydration drinks (Nutricia) before 11am.	
		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.**	
	If an enema needs to be administered on admission it will be decided on the day of surgery.		

- You will be asked to stop any tablets that contain iron, as this increases the risk of bleeding. This could cause complications during surgery and cause a slow recovery.
- Senna is a natural laxative which will help clear your bowel.
- Omeprazole is an antacid and reduces the amount of acid your stomach makes.
- The pre-operative drinks (Nutricia) are to help keep your body stay hydrated before surgery. **These are not suitable for diabetics. Diabetic patients will be asked to drink water instead to improve hydration before surgery.**
- Plenvu is a strong laxative which can cause nausea and vomiting. It will help clear the bowel and reduce the chance of you needing a stoma, or the chance of an infection should you need a stoma formation.
- A stoma is a temporary or long-term method used to remove poo into a small collection bag placed outside of your body. As a precaution before your procedure, a stoma nurse may mark your tummy with a pen. If a temporary or permanent stoma is needed, you will get information and support about this after your surgery.
- An enema is when a liquid solution is inserted through your bottom to the rectum. This may be needed to clear your bowel before your surgery.

What is a low residue/ fibre diet? Why do I need to follow this before my surgery?

Residue is the part of your food that is not digested or absorbed. This means it stays in your bowel. A low residue diet contains foods that are easy to digest. On a low residue diet it is necessary to avoid foods with a high fibre content.

As your procedure might involve your bowel, it will need to be completely empty for the surgery and to avoid complications. You will need to make some temporary changes by following a low residue diet. This diet will need you to limit your fibre intake so that very little waste reaches your bowel.

Please start a low residue diet for **3 days** before your procedure. Food that is high in fibre should be reduced. The information on the following pages will help you follow this diet with a list of foods to avoid and what can be eaten instead.

Low residue diet - start date: _____

For diabetic patients on insulin and/ or tablets: please avoid any food/ drinks listed below that you would not normally eat or drink. Once admitted to the ward if at any time you feel faint, dizzy, or think you are having a 'hypo' please let staff know right away.

	Foods you can eat	**Foods to avoid** ✘
Meat	Lean meat, bacon, poultry, offal	Sausages, burgers, pies, ready meals
Fish	Fresh, frozen, tinned in brine only	In batter, breadcrumbs, with bones, tinned in oil
Cheese	Any type	
Eggs	Boiled, poached, scrambled	Fried
Milk	Up to 1 pint daily (full, semi-skimmed and skimmed)	
Fats	Butter, margarine, low fat spread	
Soups	Clear soups only	Soups with vegetables
Bread	White only	Wholemeal, brown, granary
Cereal	Cornflakes, Rice Krispies (and sugar coated versions unless diabetic)	Weetabix, Bran Flakes, All-Bran, Shredded Wheat, porridge
Flour/ Chapatti	Chapatti made with white flour (number 1)	Wholemeal flour
Potatoes	Boiled or mashed without skins, baked without skins	With skin, jacket, roast, chips, crisps, reheated potatoes
Pulses		Lentils, chickpeas, dahl
Rice	4 table spoons of white rice only	Brown rice
Pasta	**None**	Avoid all types of pasta
Veg / salad	**None**	Avoid all types
Fruit	**None**	Avoid all types
Nuts	**None**	Avoid all types

	Foods you can eat	**Foods to avoid** ✘

Sweets	Boiled sweets, mints, jellied sweets **For diabetics:** sugar-free jelly	Chocolate, toffee, fudge Jams/ marmalade with peel, seeds, pips, whole fruit
Savoury snacks	Corn snacks e.g. Wotsits, Skips, Cheese Puffs	
Biscuits	Plain biscuits, for example Rich Tea	Any containing wholemeal flour or fruit or nuts (such as digestives, fruit short cake).
Dessert	Jelly, custard, smooth yoghurt (with milk from allowance) and rice pudding (with milk from allowance) **For diabetics:** sugar-free jelly	Puddings, pies, cakes, pastries
Beverages	Tea, coffee, (with milk from allowance), squash, meat extract drinks (Oxo, Bovril, Marmite), wine/ beer, fizzy drinks	Fruit juices (in carton or freshly squeezed)
Seasoning	Salt, vinegar, ground pepper	

Instructions for using antibacterial wash and nasal ointment

- 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. It will be given to you at your pre-operative assessment appointment. You need to start using this 2 days before your surgery, including on the day of surgery, and every day while in hospital.
  The antibacterial wash should be applied directly onto wet hair and skin with a new or disposable cloth to prevent the spread of germs. Do not dilute with water as this will not be effective.
  As a pre-wash, rub the antibacterial wash all over your body, particularly in skin creases such as the under arms, groin, fingers and toes. Leave it on your skin for at least 30 seconds before rinsing. Also 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.
- An antibacterial nasal ointment may also be given if you are staying overnight, to help prevent infections from certain bacteria found within the hospital. You will need to start using this 2 days before your surgery, including on the day of surgery, and every day while in hospital.

A small amount of this ointment should be applied using a cotton bud or clean finger, 3 times a day (morning, midday and evening) to each nostril. Please remember to bring any remaining ointment on admission, as you will also be asked to use this whilst you are in hospital.

Personal preparation and additional instructions

- **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.
- Do not use any body lotion, cream or perfume.
- Remove jewellery and piercings.
- Remove all nail varnish, including clear polish, acrylics and shellac.
- Do not wear any make-up.
- The trust will not accept liability in the respect of any lost or damaged property or belongings.
- Your personal belongings will be securely transferred by a member of staff to your recovery ward. If you are staying overnight (inpatient), you are allowed 1 small item of holdall luggage (less than 10kg).
- Please do not dry items on ward radiators during your stay.
- Please use headphones/ earphones for all audio devices/ phones, and not the loudspeaker.
- **For diabetic patients on insulin and/ or tablets: once admitted to the ward if at any time you feel faint, dizzy, or think you are having a 'hypo' please let staff know right away.**

What to bring on admission

- Please bring **all** medications you are taking (prescribed and non-prescribed). Bring all of your medications in the green bag you were 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.

For an overnight stay (inpatient) you will also need:

- Nightwear (pyjamas are not advisable).
- Underwear (full brief).
- Toiletries (travel size 100ml) including toothbrush and tooth paste.
- Towels (medium sized).
- 2 flannels/ wash cloth.

Arrival information and location of recovery wards

- For a weekday admission arrive at **Theatre Arrivals Area 1 (TAA1)** admission ward (**0116 258 8210**).

  This is located through the main entrance of Leicester General Hospital, off Gwendolen Road (Car park 1 is recommended). A relative/ friend may accompany you to TAA1 reception. Here the receptionist will check your details and let staff know you have arrived. You will be asked to take a seat until the nursing team calls you through. Relatives and friends are not able to stay with you in the Theatre Arrivals Area due to privacy and confidentially of other patients. They can return to the discharge location or arrange to visit you on your recovery ward during visiting hours.

- For Saturday or Sunday admission arrive at **Day case 2 or Ward 31**. These are both located through the maternity entrance, Coleman Road. Patient car parks available to the left and right of the department.
  - Day case 2 (no visitors): **0116 258 8130**
  - Ward 31 (visiting hours:11am to 8pm): **0116 258 4843**

- **High Dependency Unit (HDU) (for complex cases)**: **0116 258 4650**, located through the maternity entrance, Coleman Road. Patient car parks available to the left and right of the department.

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 براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

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 uhl-tr.equalitymailbox@nhs.net

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

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