

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 which in your case might involve your bowel. Before you come into hospital you will need to follow the instructions in this leaflet to minimise possible complications during your surgery.

You will attend our Pre-operative Assessment Clinic before your operation, 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 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 - 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

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit 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

The nurse will tick the specific instructions which you need to follow below. 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 two 7.5mg senna tablets twice a day. |
| 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: _____ | | Take two 20mg omeprazole tablets at 12 noon (midday) |
| | | Take 2 pre-operative hydration drinks (Nutricia) between 6pm and 10pm (morning patients) |
| Day of surgery: Date: _____ | Morning or long day surgery | Take 2 pre-operative drinks between 2am and 6am |
| | | Take one 20mg omeprazole at 6am |
| | | Fasting time: <ul style="list-style-type: none"> Between 2am and 6am - do not eat. Drink plain water only (no chewing gum). From 6am - nil by mouth. |
| | Afternoon surgery | Take 2 pre-operative drinks between 2am and 6am |
| | | Take one 20mg omeprazole at 6am |
| | | Take 2 pre-operative drinks again before 11am |
| | | Fasting time: <ul style="list-style-type: none"> 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. |
| | | 11.30am admission |
| | If an enema needs to be administered on admission it will be determined on the day of surgery. | |

- You will be asked to stop any tablets that contain iron, as this increases the risk of bleeding, which could cause complications during surgery and slow the recovery process.
- Senna is a natural laxative which will help clear your bowel.
- 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.**
- Omeprazole is an antacid and reduces the amount of acid your stomach makes.
- 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 and why do I need to follow this before my surgery?

Residue is the part of your food that is not digested or absorbed and therefore remains 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 to assist the surgery and avoid complications. To achieve this 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 immediately.

The table below continues on the next page.

| | 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, chick peas, 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 |
| Savoury snacks | Corn snacks e.g. Wotsits, Skips, Cheese Puffs | |
| Biscuits | Plain biscuits e.g. Rich Tea | Any containing wholemeal flour or fruit or nuts (e.g. digestives, fruit short cake). |

| | 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 |
| 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

- 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 loud speaker.
- **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 immediately.**

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 tooth brush 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 via 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 confidentiality 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 via 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 via the maternity entrance, Coleman Road. Patient car parks available to the left and right of the department.

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

જે કુર્મીં સિંહ જાહવારી કિમે હેર જામ્મા હિંચ ચાહુંદે હે, ઝાં કિરખા વરવે હેઠાં હિંચે ગાદે નંબર 'હે ટેલીફોન વરે।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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