

You may have a urinary catheter (a tube into your bladder that collects urine into a bag).

Occasionally a patient may have a drain tube into their wound collecting any old blood left inside after the operation. This will soon stop draining and be removed.

You may be given a morphine pump into your arm. You press this as required. You cannot overdose on this pump as it is limited, or you may be given morphine as an injection. Morphine is an excellent drug to use on the day of operation for any discomfort. It does not take discomfort away but it distances you from the pain and allows you to drift into an easy sleep. This allows us to care for you and monitor your vital signs.

Please remember that hour by hour any discomfort you feel when wake up in recovery will get easier.

The following morning we will help you have a wash by the bed. The first day after your operation is a day to take things easy. It is best to remain on and around your bed or chair. Oral pain killers will be started and, when advised by staff, you will be able to eat and drink

On the second morning after your operation we will show you where to get a shower and your breakfast, with a view to you going home if all is well and the medical staff are happy with the progress you have made.

### Length of stay

On average your length of stay in hospital will be two to three days.

### Anti-coagulants

During your stay you will be given an anti-coagulant drug in injection form once a day. This helps to prevent deep vein thrombosis (blood clots) forming in your legs which can occasionally occur following surgery and reduced mobility. If you take aspirin on a daily basis, this should be stopped seven days prior to your operation.

### Sick notes

Please request sick notes from the doctor when you are told you can go home.

### At home

Physiotherapists will give you an exercise sheet and recommend that you try to perform these exercises three to four times every day to help your recovery.

Please also remember: not to bend over to pick up heavy things from the floor, for example a load of wet washing; not to over-stretch to reach things, lift nothing heavier than a half full kettle; you can go for a walk, but not hold a dog's lead; you can ride in the car, but not drive; you can go shopping, but not push the trolley or carry the bags

**If you have any questions or concerns please contact the Orchard Gynaecology Ward on 01234 792219.**

## Orchard Gynaecology Your operation



This leaflet has been designed to answer some questions you may have as you prepare for your operation.

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## The ward

Orchard Gynaecology Ward is on the second floor of the Cygnet Wing at Bedford Hospital.

There is an intercom system in place which requires you to buzz to be let in to the ward, then walk straight through Orchard Maternity to find us.



## Visiting times

Visiting times are 2pm to 8pm every day, with two visitors permitted at any one time.

## Telephone

The direct telephone number of the ward is 01234 792219.

There are also telephones and televisions by each bedside that are card operated. Cards can be purchased, for a minimum of £3 and also topped-up at the *Hospicom* machine situated on the ground floor of the Cygnet Wing.

## Infection control

If you have had any diarrhoea or vomiting within 72 hours of your admission date please telephone the ward (01234 792219) for advice.

Please also inform your visitors that they must not visit if they have had or have been in contact with someone who has recently had diarrhoea or vomiting.

You will be swabbed for MRSA in pre-clerking - this is a routine pre-operative precaution.

## Belongings

It is advisable to leave all valuables including jewellery and large amounts of money at home.



You may find it useful to bring the following items into hospital with you: nightdresses, dressing-gown, slippers, old knickers (the bigger the better!) sanitary pads, soap, flannel and towel.

Please also bring in any medication you take regularly (in the original boxes).

## Shaving

Some operations require you to have a shaved bikini area; the nurse in pre-clerking clinic will inform you if your operation requires this preparation. Shaving should be done three days prior to your operation.

## Nil by mouth

Nil by mouth means exactly that and includes sweets, chewing gum or water. The pre-clerking nurse will inform you the time you need to be nil by mouth from.

## Operation day

Please telephone the ward (01234 792219) the evening before your admission to confirm arrangements for your operation.

Please arrive promptly at 7.30am on the day of admission unless told otherwise. This is

important as a doctor, anaesthetist and nurse will all need to see you to prepare you for theatre. This will include taking your medical history, your observations and may include other tests, for example an ECG.

The pre-clerking nurse will give you a pot for a urine sample, please bring this sample with you. Your operation will either be on the morning or afternoon theatre list.

If you are having an operation for a prolapse the operation will take place via the vagina. For other operations an incision will be made along the bikini line. All sutures (stitches) will be under the skin and will dissolve. Clips will be removed on day four or five by your practice nurse.

You will be asked to walk to theatre accompanied by a nurse. You will be met by an anaesthetic nurse and talked through your care in theatre. You will spend a little time in recovery after the operation and will be attended to by one nurse.

On return to the ward you may have an oxygen mask. A tube will be put into your arm giving you intravenous fluids replacing fluid in your body which you need as you haven't been eating and drinking.