

## My Planned Care Patient Information Platform

### Hysterectomy/Excision of Uterus

#### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

#### Guidance for Patients

If you are on the waiting list for a hysterectomy, this is a major procedure and maybe performed via key hole or open surgery.

#### Take Your Medication

Whilst waiting for your appointment you should continue to take your prescribed medication. This may include medication specific to your gynaecology condition and medication for other conditions but importance for general health maintenance e.g. pain medication for specific condition and statins for overall health.

#### Keep Moving

Whilst waiting for your appointment it is important to maintain regular exercise e.g. 20 minutes walk a day, where possible.

#### Improve Your Health

Whilst waiting for your appointment it is important to consider, where necessary improving your general health e.g. smoking cessation, managing your weight.

#### Good Mental Health

It is important to maintain good mental health, this can be assisted by ensuring you get adequate rest, exercise, maintaining a good diet and managing your pain. If you feel that you need assistance with maintaining your mental health you can either discuss this with your GP or contact the charities below:

Healthy Minds	<a href="https://www.healthyminds.whct.nhs.uk/">https://www.healthyminds.whct.nhs.uk/</a>
Mind	<a href="https://herefordshire-mind.org.uk/">https://herefordshire-mind.org.uk/</a>
Yeleni	<a href="https://yelenisupport.co.uk/welcome/wellbeing-support/">https://yelenisupport.co.uk/welcome/wellbeing-support/</a>
Rethink	<a href="https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/">https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/</a>

### What should I do if my health is deteriorating?

The referral from your GP will have been reviewed and triaged by the Gynaecology team to grade your clinical priority based on the information in the referral.

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### **Urgent Health Advice**

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

### **Life Threatening Emergencies**

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

### **GP surgeries are still open**

If you experience an increase in pain, you should in the first instance contact your General Practitioner for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.