

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

Repair of prolapse

Information for patients

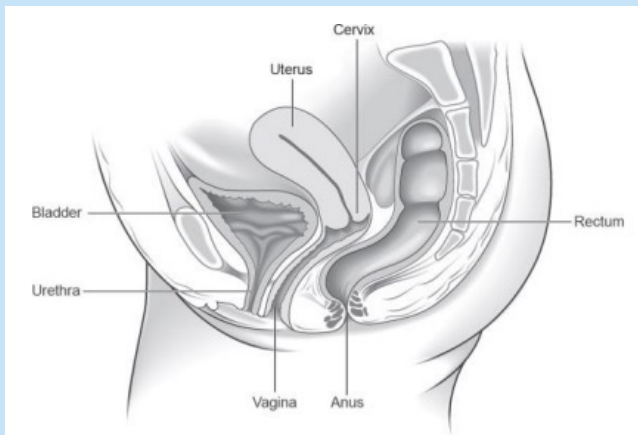
Introduction

The COVID-19 pandemic has had a significant impact on the NHS's ability to provide routine elective services. We recognise that patients are waiting longer than we all would like. It is not always possible to identify when treatment will take place. We apologise for any delay and this document will provide you with more information on how you can support yourself while you are waiting.

Guidance for patients

A pelvic organ prolapse is where one or more of the organs in the pelvis slip down from their normal position and bulge into the vagina. This can be the womb (uterus), bowel, bladder, or the top of the vagina.

A prolapse can have a large impact on your life. You may experience some pain and discomfort. This leaflet will provide guidance and signpost you to more information regarding this.



How severe your symptoms are will depend on the type of treatment that will be offered to you.

There are different surgical options available to repair the prolapse. Some of these are:

- Vaginal hysterectomy:
<https://inform-prod-lites.s3-eu-west-1.amazonaws.com/Lites/UK/OG02/OG02.pdf>
- Posterior repair:
<https://inform-prod-lites.s3-eu-west-1.amazonaws.com/Lites/UK/OG24/OG24.pdf>
- Anterior repair:
<https://inform-prod-lites.s3-eu-west-1.amazonaws.com/Lites/UK/OG23/OG23.pdf>

The below may be suggested by your health professional to support your symptoms and prevent the prolapse becoming worse:

- Pelvic floor exercises.
- Physiotherapy.
- Vaginal pessaries.
- Lifestyle changes.
- Medication.

Further information about your procedure can be found on the websites below:

- <https://www.rcog.org.uk/for-the-public/browse-all-patient-information-leaflets/pelvic-organ-prolapse-patient-information-leaflet/>
- www.nhs.uk/conditions/pelvic-organ-prolapse/
- <https://www.sfh-tr.nhs.uk/for-patients-visitors/patient-information-leaflets/patient-information-leaflet-library/>

Having surgery can have a big impact on your body. There are things you can do to prepare for surgery and improve your recovery. The following video from the Royal College of Anaesthetists can provide some simple steps to help you:

- **Video: Fitter, better, sooner**
www.youtube.com/watch?v=2CUMpUwX0x4

Please see our general health guidance on how to stay healthy whilst you wait for your procedure at: www.myplannedcare.nhs.uk/mids/sherwood-forest.

How can I help manage my symptoms?

Below are some steps you can take to prevent the prolapse from getting worse:

- Doing regular pelvic floor exercises.
- Maintaining a healthy weight.
- Eating a high fibre diet to avoid constipation and straining when going to the toilet.
- Avoiding heavy lifting and standing for long periods of time.

Please see our general health guidance on how to stay healthy whilst you wait for your procedure at: www.myplannedcare.nhs.uk/mids/sherwood-forest.

Information on pelvic floor exercises can be found at www.nhs.uk/common-health-questions/womens-health/what-are-pelvic-floor-exercises/.

What should I do if my health is deteriorating?

The most common symptom is the sensation of a lump 'coming down'. You may also have had backache, heaviness, or a dragging discomfort inside your vagina. These symptoms are often worse if you have been standing (or sitting) for a long time or at the end of the day. These symptoms often improve on lying down.

You may be able to feel or see a lump or bulge. You should see your doctor if this is the case because the prolapse may become sore, ulcerated, or infected.

If your bladder has prolapsed into the vagina, you may:

- Experience the need to pass urine more frequently.
- Have difficulty in passing urine or a sensation that your bladder is not emptying properly.
- Leak urine when coughing, laughing, or lifting heavy objects.
- Have frequent urinary tract infections (cystitis).

If your symptoms are worsening, please get in touch with the gynaecology department on 01623 622515, extension 4364.

If you are experiencing any sudden and unexpected pelvic pain, please call 111 for advice.

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. The NHS 111 service is available 24 hours a day, seven days a week.

Life threatening emergencies

If you have severe bleeding, breathing difficulties or chest pains, please dial 999.

GP surgeries are still open

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. They 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.

Consent and decision making

It is important that you are involved in decisions about your care. Consent is a patient's agreement for a health professional to provide care. You will be asked to sign a consent form to say you agree to have treatment and understand what it involves.

You have a right to withdraw from treatment at any time, even after you have signed a form. It is your choice. Please ask as many questions as you like if you have any concerns.

Further information on consent please see www.nhs.uk/conditions/consent-to-treatment/.

Contact us

Please contact us on 01623 622515, extension 4364, if you have any queries.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202301-01-RP
Created: Jan 2023 / Review Date: Jan 2024