

## Women and Children's Division – Gynaecology

### Hysterectomy

#### Introduction

Your Gynaecologist has recommended a hysterectomy where your womb is removed. This may be performed laparoscopically using instruments inserted through small cuts on your abdomen or performed by laparotomy using a larger incision on your abdomen. You will be provided with a written information leaflet that details your specific surgery when you attend the Gynaecology Outpatients Department (Ward 25).

If you do not receive written information please contact the Gynaecology Outpatient Department, on 01270 612212.

#### Guidance for Patients

Hysterectomies are carried out to treat health problems that affect the female reproductive system. These include:

- heavy periods
- long-term pelvic pain
- non-cancerous tumours (fibroids)
- ovarian cancer, uterine cancer, cervical cancer or cancer of the fallopian tubes

A hysterectomy is a major operation with a long recovery time and is only considered after less invasive treatments have been tried.

While you are waiting for your procedure your Gynaecologist may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your well-being.

#### This may include:

- Medication
- Lifestyle changes
- Intrauterine systems

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

If you feel you are becoming more unwell, **please contact your GP or NHS 111 for medical review in the first instance.** Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Gynaecology team to discuss their findings in more detail and determine a management plan.

#### Contact Us

Admission Date - Please contact the Gynaecology Scheduling Team 01270 612069