

Women's 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.

Guidance for Patients

Common reasons for having a hysterectomy include:

- Heavy or painful periods not controlled by other treatments
- Fibroids where the muscle of your womb becomes overgrown
- Cancerous cells
- Endometriosis

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
- Pelvic floor exercises
- Physiotherapy
- Lifestyle changes
- Intrauterine systems

My Planned Care Patient Information Platform

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

A dedicated e-mail address for My Planned Care enquiries: soh-tr.so-mpcqueries@nhs.net