

Introduction

The Gynaecology services are based across two sites, St Helens Hospital, which is a dedicated Day Case and Diagnostic Centre and Whiston Hospital which is an Acute site. The Gynaecology Service is provided by a specialist team of medical and nursing staff.

A comprehensive range of specialist outpatient services are offered and these are mainly on the St Helens site. Inclusive within the specialist areas are; Colposcopy, Hysteroscopy, Vulvoscopy, Urodynamics, Menopause and Minor Procedure Clinics along with General Gynaecology Outpatients. We also have Fertility, EPAU (Early Pregnancy Assessment Unit) and General Gynaecology outpatient clinics on the Whiston site.

The majority of Gynaecology day case surgery is carried out at our dedicated centre at St Helens, however the main Gynaecology ward for major surgery and emergencies is based at Whiston. We have a 19 bedded Ward, along with a Hyperemesis bay (4 recliner chairs) and a gynaecology assessment unit which is used to review, assess and treat patients. This service is a direct access via the Emergency Department, GP's, Walk In Centres and midwives.

Gynaecology, see and treat patients with a variety of problems such as pelvic pain, menstrual problems, Menopause, Urogynaecology and for contraceptive advice.

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 like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself whilst waiting to attend hospital.

Gynaecology offers a number of surgical interventions examples as below:

- Pelvic Floor Repair
- Laparoscopic Hysterectomy; Vaginal Hysterectomy; Total Abdominal Hysterectomy
- Hysteroscopy
- Dilatation & Curettage
- Bilateral Salpingo-oophringectomy
- Removal of Endometrial Polyps
- Diagnostic Laparoscopy; Operative Laparoscopy
- Laparoscopic Sterilisation

Guidance to support you prior to your operation as below :

Take Your Medication

You will be advised to continue with your normal medications, but you may be asked to stop some medications before your procedure, your clinician or pre-operative nurse will provide you with this information.

My Planned Care Patient Information Platform

Keep Moving

Exercise regularly. Among other benefits, better fitness levels reduce complications when having any procedure. This allows you to leave hospital and return to your normal quality of life more quickly. Keeping an active lifestyle is good for your health and if you are normally an active person it is important to keep that up before your procedure. People with low activity levels can improve their fitness levels within as little as 4 weeks prior to their procedure. This gives you an opportunity to get fitter before your procedure and improve your chances of a better and quicker recovery.

Improve Your Health

Stick to healthy foods - Your body needs good nutrition to fight infection and heal following your procedure.

Avoid dehydration - Drink at least six-eight glasses of fluid per day, preferably water.

Avoid shaving or waxing - This increases the risk of getting a wound infection. If hair needs to be removed for your procedure, it will be done in the hospital.

Avoid constipation - Drink plenty of fluids and increase the amount of fibre in your diet. If this does not help you can attend your local pharmacy for over-the-counter remedies.

Smoking

If you are coming into hospital for a procedure, and you are a smoker, we strongly advise you to stop smoking as soon as possible because this will help to improve wound healing, lung function and you will make the best possible recovery. Now is a better time than ever to stop smoking. Smoking before procedure puts you at a higher risk for post-operative heart attacks, stroke, blood clots, pneumonia and even death.

<https://www.sthk.nhs.uk/smokefree>

Alcohol

Alcohol can have many effects on your body but importantly it can reduce your body's ability to heal. Make sure you are drinking within the recommended limits or lower to improve your bodies ability to heal after your procedure.

Good Mental Health

It is normal to be anxious about having procedure, relaxation, mindfulness, and breathing exercises can all help. Your GP procedure can advise you on support in your local area.