

My Planned Care Patient Information Platform

Gynaecology – Waiting Well

Introduction

Gynaecology at both St Michael's Hospital in Bristol and Weston General Hospital in Weston-Super-Mare treat all general gynaecological problems including heavy, painful, and irregular periods, abnormal vaginal bleeding or lack of periods, ovarian cysts, polyps and fibroids.

There are specialist services for paediatric and adolescent gynaecology (PAG), gynaecological oncology, endometriosis, reproductive medicine and menopause.

We also carry out some procedures in an outpatient setting, including endometrial biopsies, the insertion/retrieval of coils in an outpatient setting, colposcopy procedures and outpatient hysteroscopy.

Guidance for Patients

Whilst you are waiting for your gynaecological appointment, we recommend that you maintain a healthy diet and remain active. We know that lifestyle changes such as stopping smoking and losing weight can help. There is lots of information on eating well, exercise and lifestyle changes on the following link:

[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Other good sources of information include:

Royal College of Obstetricians and Gynecologists (general gynaecology)
www.rcog.org.uk

In the section "For the Public" you will find a collection of useful patient information leaflets which may be useful to read prior to any gynaecology appointments or surgery

Endometriosis UK (endometriosis support)
www.endometriosis-uk.org

BritSPAG (paediatric and adolescent gynaecology)
www.britspag.org

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What should I do if my health is deteriorating?

GP surgeries are still open

Please contact your GP surgery for advice if you feel your condition is deteriorating.

GP surgeries are still open but may be working differently to how they did before the COVID-19 pandemic. GP practices are utilising telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

GP surgeries can contact the Gynaecology department for advice if needed.

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

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