

My Planned Care Patient Information Platform

Gynaecology – waiting well for a hysterectomy

Introduction

There are several different types of hysterectomy, including:

- Total hysterectomy, where both the uterus and cervix (neck of the womb) are removed
- Subtotal hysterectomy, where just the uterus is removed
- Hysterectomy with salpingo-oophorectomy (removal of one or both of your ovaries and fallopian tubes) at the same time

Some hysterectomy procedures are carried out laparoscopically using keyhole surgery. Others are undertaken partially through the vagina, and some undertaken abdominally – through making a cut in your tummy. The type of hysterectomy that you have will depend on your personal circumstances, and will be discussed with you by your gynaecologist before your operation.

You will need an anaesthetic for your hysterectomy procedure, which will be either a general anaesthetic or a regional anaesthetic (spinal or epidural).

In most circumstances, you will be admitted to hospital on the day of your operation and most women are well and comfortable enough to go home after two to four days – though some women having a laparoscopic procedure may be able to return home the same day.

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

[Hysterectomy | RCOG](#)

Those relating to types of hysterectomy are:

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Laparoscopic hysterectomy - <https://www.rcog.org.uk/en/patients/patient-leaflets/laparoscopic-hysterectomy/>

Abdominal hysterectomy – <https://www.rcog.org.uk/for-the-public/browse-all-patient-information-leaflets/abdominal-hysterectomy/>

Vaginal hysterectomy - <https://www.rcog.org.uk/en/patients/patient-leaflets/vaginal-hysterectomy/>

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.