

Gynaecology Service – Endoscopic freeing of adhesions of ovary

Introduction

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 all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Please read the following information in conjunction with the staying healthy guidance appropriate for your condition

Guidance for Patients

The pain can be a dull cramp or a sharp and sudden twinge.

It's usually on either the left- or right-hand side of your tummy depending on which ovary is releasing the egg.

It can last just a few minutes or continue for a day or 2. Some women notice a little vaginal bleeding when it happens.

Painful ovulation can usually be eased by simple remedies like soaking in a hot bath or taking an over-the-counter painkiller, such as [paracetamol](#).

Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen may also help, but you should not take them if you're trying to get pregnant as they can interfere with ovulation.

If you're in a lot of discomfort, talk to your GP about other treatment options.

Birth control methods that stop ovulation, such as the [contraceptive pill](#) or [contraceptive implant](#), can completely banish ovulation pain.

Painful ovulation is fairly common and usually harmless. But it can sometimes be a symptom of an underlying medical condition.

Some of the underlying causes can result in fertility problems that can prevent you getting pregnant:

- [endometriosis](#) – an inflammatory disease that affects the ovaries and fallopian tubes that can also cause pain during ovulation
- **scar tissue** – if you've had surgery (for example, a caesarean section or your appendix out), scar tissue can cause ovulation pain by restricting the ovaries and surrounding structures
- **sexually transmitted infections (STIs)** – STIs like [chlamydia](#) can cause inflammation and scarring around the fallopian tubes, leading to ovulation pain

My Planned Care Patient Information Platform

What should I do if my health is deteriorating?

If your health is deteriorating, you may need to be seen by your Consultant for review and further assessment and management. The secretarial numbers of the Gynaecological Consultants are shown below

In an emergency situation we would suggest you attend the Emergency Gynaecology unit for assessment.

Contact Us

Ward 23 emergency Gynae (Gynae A&E) – 02476 962000

Booking Centre – 0800 252060

For more specific enquiries a number will be included within your clinic appointment letter as appropriate.

Secretary to Mr Izzat – 02476 967372

Secretary to Mrs Bulchandani – 02476 967024

Secretary to Mr Dunderdale – 02476 967383

Secretary to Ms Shanbhag – 02476 967410

Secretary to Mr Twigg - 02476 967372

Secretary to Mr Kumar – 02476 967410

Secretary to Mr Keay – 02476 967409

Secretary to Dr Agrawal – 02476 967409

Secretary to Mr Ghobara – 02476 967409

Secretary to Dr Maitra – 02476 966990

Secretary to Ms Jones – 02476 966990

Secretary to Dr Woodman – 02476 967383

Secretary to Dr Sabri – 02476 967406

Secretary to Ms Kandavel - 02476 969397