

## PREPARING FOR GYNAECOLOGICAL SURGERY



### Introduction

The information below is given as a guide to support you whilst awaiting your Gynaecology Surgery.

Having surgery is a big moment in your life and it is normal to feel anxious about it. This information will give you general advice on what you can do to get the best outcome from your surgery.

Many healthcare professionals from different areas within the hospital will work together to look after you and ensure your operation and recovery go smoothly.

### Take Your Medication

Medical conditions can affect your recovery from surgery. It is important to ensure that any known conditions are controlled as well as possible ahead of surgery.

For patients with Diabetes it is important to ensure that you have good control of your blood sugar to reduce the risk of infection after surgery.

Blood pressure should be controlled to safe levels to reduce any risk of stroke. Surgery could be cancelled if your blood pressure is not within correct limits. Other medical conditions, such as asthma, should also be well-controlled before your operation.

Keep taking all your regular medication right up to the day of surgery, unless told otherwise by staff, and remember to bring your medications in to hospital with you for your admission.

You may be offered special carbohydrate drinks to take before the operation, and you should be able to continue drinking water up to 2 hours before your operation to make sure your body stays properly hydrated.

You may want to ensure that you have sufficient over-the-counter pain relief medication at home for your recovery.

### Keep Moving

Fitter patients who are able to improve their health and activity levels recover from Surgery more quickly.

## My Planned Care Patient Information Platform

What you do now can have a really big impact in your recovery. Taking an active role in planning and preparing for your operation will help you feel in control, leave hospital sooner and get to normal more quickly.

Your heart and lungs have to work harder during an operation to help your body to heal. Whilst you are waiting for your operation, try and increase your activity levels. Walking, cycling, gardening, playing with the children will all help.

Try and do any activity that makes you feel out of breath at least 3 times a week, always ensure you check with your doctor which activity is most appropriate to you. Activities that improve your strength and balance will also be helpful towards your recovery.

## Improve Your Health

There are many things that you could do to reduce the risks following surgery, even the small changes can make a big difference.

Eating a healthy, balanced diet before and after your surgery can really help.

If you are overweight, losing weight can help to reduce stress on your body.

Ensure if you are drinking alcohol, to remain within or below the recommended limits, to improve your body's ability to heal following surgery.

Stopping smoking is hard, but if you can either quit or cut down before your surgery this can reduce your length of stay in hospital, it can improve wound healing and lung function, and reduce the chance of infections.

If you have any loose teeth or crowns it may benefit you to visit a dentist to reduce any risk of damage to your teeth.

## Good Mental Health

Most people often feel anxious about having surgery. If the thought of coming in to hospital makes you feel anxious or upset, it may be helpful to talk about your concerns with your local GP practice. GPs can refer on for specialist support if required, who can offer techniques to deal with your anxieties including mindfulness, relaxation or yoga. This could help you before and after your surgery.

If you are taking medication for Mental Health conditions it is important to let the staff at the hospital know.

On the day of your operation please feel free to bring a book or magazine to fill in the time prior to going to theatre. Please do not bring any items of value.

Read through any Patient Information Leaflets you have been given about your procedure, or go to [www.rcog.org.uk/recoveringwell](http://www.rcog.org.uk/recoveringwell) so you understand what to expect from your hospital stay and while recovering.