

### **PREPARING FOR GYNAECOLOGICAL GENERAL OUTPATIENT APPOINTMENT**



#### **Introduction**

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

Attending hospital for an appointment can be quite worrying 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 outpatient appointment.

During your outpatient appointment you will see healthcare professionals, to include receptionist, healthcare assistant, registered nurse and Medical Staff.

#### **Take Your Medication**

Whilst waiting for your outpatient appointment please continue to take your prescribed medication as indicated by your General Practitioner/Medical Professional.

If you require any over the counter medication please continue to take as required to help with pain management.

Prior to your outpatient appointment, unless you are specifically advised to do so, there is no need to stop any medication.

If there is a requirement to take any medication prior to your outpatient appointment you should receive patient information advising of this.

Alternatively if there is a requirement to stop taking any medication prior to your outpatient appointment you should receive patient information advising of this.

#### **Keep Moving**

Whilst waiting for your outpatient appointment it is important to keep as active as possible.

What you do now can have a really big impact on your health.

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 overall health.

# My Planned Care Patient Information Platform

## Improve Your Health

There are many things that you could do to improve your health, even the small changes can make a big difference.

Eating a healthy, balanced diet can really help. If you are overweight, losing weight can help to reduce stress on your body.

Ensure if you are drinking alcohol, you remain within or below the recommended limits.

Stopping smoking is hard, but if you can either quit or cut down this can improve your health.

## Good Mental Health

Most people often feel anxious about attending hospital. 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 hospital journey.

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 outpatient appointment, please feel free to bring a book or magazine in case of any delay. Please do not bring any items of value.

Please ensure you read through any Patient Information Leaflets you have been given about your outpatient appointment in advance to help with any questions you may have or would like to ask during the consultation.