

The Women's Centre, John Radcliffe Hospital

# Welcome to the Gynaecology Day Surgical Unit

Information for patients being admitted at 7.30am



The Gynaecology Day Surgical Unit is on Level 1 of the Women's Centre. It is joined on to the Gynaecology Ward. As you enter the reception area, please report to the receptionist and then take a seat.

**With this leaflet you should have a letter that tells you what time you need to report to reception. If you are unsure about the time, or have any other questions, please contact the Booking Office on 01865 231 567.**

**If you do not arrive promptly at the time of your appointment and you have not contacted us to say you have been delayed, we will assume that you are not attending and your operation will be cancelled.**

## Preparing for your appointment

As you are having a general anaesthetic in the morning, it is important that you do not eat anything from midnight onwards, the night before your operation. **This includes chewing gum and sucking sweets.** You may have **water only until 6.30am.**

If you are taking routinely prescribed medicines or inhalers, you will still need to take these on the morning of your operation. **If you have diabetes, do not take your diabetic tablets.** If you are in any doubt about whether you should take your medicines, please discuss this either with your GP or contact the Day Surgical Unit on 01865 222 014.

Although we provide sanitary towels, they are a little basic and you may wish to bring your own choice of sanitary towel with you. We advise you to buy a small pack of sanitary towels as you may experience a little bleeding after your procedure. Please do not use tampons whilst you are recovering after your surgery as they increase the risk of an infection.

You may need to take painkillers for pain relief after your procedure. We suggest you make sure you have a supply of paracetamol at home.

It is important that you arrange for someone who can drive to collect you and take you home. You will also need to have someone with you for the first night after your operation and the following day in case you feel unwell. **If you do not have someone arranged who can be with you during this time, you will not be able to have your surgery. This is because we cannot let you go home if there is no one there to take care of you.**

## What to bring with you

- a specimen of urine
- your own medicines / inhalers
- a dressing gown
- a pair of slippers
- wash things to freshen up
- a book or magazine
- loose fitting clothes / trousers / skirt.

We advise you to leave all your valuables, (including mobile telephones and other palm held devices) and items of sentimental value at home. This is because we don't have anywhere secure to keep them whilst you are in surgery.

The John Radcliffe Hospital is a teaching hospital and student nurses work in the Day Surgical Unit. All student nurses work under the supervision of a trained nurse at all times.

## When you arrive

You will meet the nurse who will be looking after you. She will take your blood pressure and temperature and will explain what will happen next. She will also ask you to change into your theatre gown.

The surgeon will come and discuss the procedure with you and will ask you to sign a consent form if you haven't already done so.

The anaesthetist will also come and see you and assess you for the general anaesthetic.

## After the operation

You will be brought back to the Day Surgical Unit after your operation. We will let you sleep for about an hour and then start to wake you up by offering you tea or coffee and something to eat. You can normally drink sips of water straight away.

The surgeon will come and discuss the operation with you. Your nurse will discharge you once she is happy that you are well enough to go home. She will check that:

- you are able to pass urine (have a wee)
- you are able to walk to the bathroom or short distances safely
- you are able to eat and drink
- you are not vomiting
- vaginal bleeding is within normal limits
- your wounds are dry
- you are able to dress yourself
- your pain is at an acceptable level
- someone will be staying with you overnight.

We will give you advice about what to expect and how to look after yourself following a general anaesthetic. We will also tell you how to look after yourself after the particular procedure you have had. We can give you information leaflets to take home with you.

## Questions or concerns

If you have any questions at all please telephone:

### **Gynaecology Day Surgery Unit**

Tel: 01865 222 014

Monday to Friday, 8.00am - 8.00pm

### **Gynaecology Ward**

Tel: 01865 222 001/2

At any time



If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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[www.ouh.nhs.uk/patient-guide/leaflets/library.aspx](http://www.ouh.nhs.uk/patient-guide/leaflets/library.aspx)

