

Women's Day Surgery and Diagnostic Unit,
Horton General Hospital

Preparing for your appointment



Welcome to the Diagnostic Unit

With this leaflet is a letter that tells you what time you need to come to the Diagnostic Unit. If you are not sure when to arrive, please contact the Unit.

Tel: **01295 229 088**

Preparing for your appointment

You may eat, drink and have your breakfast as normal. If you are taking any prescribed medication, continue to take this as you normally would. Please tell us if you are taking any over the counter medicines or herbal remedies.

Although we provide sanitary towels, they are a little basic; 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 have a little bleeding after your procedure. Please do not use tampons whilst you are recovering after your procedure, as they increase the risk of an infection.

You may need to take painkillers after your procedure. Please make sure you have a supply of paracetamol and ibuprofen (if you are able to take this) at home.

When you come to the Diagnostic Unit it is important that you are accompanied by someone who can drive you home. Your outpatient procedure may be uncomfortable and we recommend that you do not drive for the rest of the day.

Please arrive on time for your appointment

Parking is not usually a problem in the mornings, but traffic can be heavy, so we recommend that you leave home in plenty of time for your appointment. 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 appointment will be cancelled.

When you arrive

When you enter the ward area, please report to the nurse and then take a seat. Your name will be called when it is time for you to have your procedure.

After being shown into the treatment room you will be asked to remove your lower clothing. You will be given a gown to cover yourself with. The staff will then tell you what will happen next.

After your procedure

Depending on the procedure you have had, you will be asked to either sit in the more private waiting area in the Diagnostic Unit for about 20 minutes, while you have a cup of tea and a biscuit, or you may need to rest on a trolley for a couple of hours. This is so that we can make sure you do not feel lightheaded and are passing urine comfortably.

You will be given an information sheet which will tell you what to expect over the next couple of days.

We recommend that you take the rest of the day off work, to rest and recover.

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 **PALS@ouh.nhs.uk**

Author: Gynaecology Ward Sister
October 2016
Review: October 2019
Oxford University Hospitals NHS Foundation Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information

