

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

# Preparing for your operation





## Welcome to the Women's Day Surgery and Diagnostic Unit

With this leaflet you should have a letter that tells you what time you need to come to the Unit. If you are not sure when to arrive or have any other questions, please contact the Booking Office.

Tel: **01865 231 567**

## Preparing for your appointment

As you are having a general anaesthetic in the morning, it is important that you do not eat anything from 3.00am before your operation. **This includes chewing gum and sucking sweets.** You may have **water only until 7.00am.**

If you are taking medicines or inhalers, you will still need to take these on the morning of your operation. If you have diabetes, we will discuss your medications before your operation. Please also tell us if you are taking any over the counter medicines or herbal remedies. If you are in any doubt about whether you should take your medicines, please speak to your GP or contact the Women's Day Surgery Unit on 01295 229 088.

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 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. Please make sure you have a supply of paracetamol and ibuprofen (if you are able to take this) at home.

It is important that you arrange for someone who can drive to collect you and take you home. You should not go home on public transport after this procedure. You will need to be

taken home by car. This will be more comfortable for you and also quicker for you to return to the hospital if there are any complications on the journey home.

You will also need to have someone responsible to stay 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

- your own medicines/inhalers
- a dressing gown
- a pair of non-slip footwear/slippers
- wash things to freshen up
- a book or magazine
- electronic devices (although we cannot take responsibility for these)
- loose fitting clothes/trousers/skirt.

We advise you to leave all your jewellery and items of sentimental value at home, as we don't have anywhere secure to keep them whilst you are in surgery.

The Horton General Hospital is a teaching hospital and student nurses work in the Women's Day Surgery Unit. All student nurses work under the supervision of a trained nurse at all times.

## 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 operation will be cancelled.**

## When you arrive

When you enter the ward area, please report to the nurse, who will show you to your bed.

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.

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, to assess you for the general anaesthetic.

## After the operation

You will be brought back to the Women's Day Surgery Unit after your operation. We will let you sleep for about an hour and will then start to wake you up, by offering you something to drink. You should be able to drink sips of water straight away. When you can drink comfortably we will offer you tea or coffee.

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

- you are able to pass urine (have a wee)
- you are able to safely walk to the bathroom or short distances
- 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 specific procedure you have had. We can give you information leaflets to take home with you.

## How to contact us

If you have any questions or concerns, please telephone the  
**Women's Day Surgery and Diagnostic Unit.**

Tel: **01295 229 088**

(Monday to Friday, 8.00am to 8.00pm)

**Gynaecology Ward, John Radcliffe Hospital**

Tel: **01865 222 001/2**

(24 hours)

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**

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