

Gynaecology Ward Information for Patients

Gynaecology

Introduction

This leaflet has been provided for your information. It is aimed at informing you about the facilities within the Gynaecology Ward and what to expect once you are admitted. If you have any questions do not hesitate to speak with a member of the nursing staff.

Where is the Gynaecology Ward?

The ward is located on the first floor of the Women's & Neonatal Centre (Zone D). There is a car park in front of the unit and a drop off/pick up zone outside the unit entrance.

Car parking charges are in force on the New Cross Hospital site and pay stations are located near to all car parks. There are designated spaces for disabled parking around the site.

What do I need to bring?

There is only minimal storage space in your bedside cupboard, so please think carefully before you prepare for your hospital admission. You will need:

- Nightdresses – cotton is usually best as it gets quite hot on the ward
- Dressing gown and slippers – these are very important as some patients are required to walk to theatre and these will help maintain your dignity
- Toiletries, for example soap, flannel, toothbrush, toothpaste and antiperspirant
- Towels (hand and bath if possible)
- Tissues
- Something to drink e.g., squash
- Something to keep you entertained, such as a good book, magazines and a pen is always useful.

What about valuables?

Your bedside cabinet is not lockable therefore please do not bring any expensive items of jewellery, mobile phones, electrical goods or large sums of money, etc. You will be asked to sign a liability form making you responsible for your own property whilst you are in hospital.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

What about sanitary towels?

For any gynaecological surgery, it is advisable to bring some sanitary towels (not tampons) as you will probably need to wear these for a few days following surgery.

What about identity bands?

When you are admitted onto the ward you will be given an identity band to wear. This confirms your name, date of birth and hospital ID number and must be worn until you are discharged home. Attached to this is an electronic tag to enable the staff to monitor you. Please ensure the nursing staff remove these before you go home.

What about drugs and medication?

Please bring all medication that you are currently taking into hospital with you. Any medication you bring into hospital should be handed to the Nurse for safe keeping. During your stay in hospital the Nurses will be responsible for giving you any medication prescribed for you.

It is very important that you do not take your own medicines during your stay unless advised by the Nursing / Medical team caring for you. When you are discharged home any of your own medication that was being held safe will be returned to you.

Please be aware that some of your medications may not be available to be dispensed from the hospital pharmacy therefore, in this situation your own supply will be used.

What about allergies?

It is important we know of any allergies you may have, we ask you to give some thought to this to ensure you can give us all the relevant information. Allergies could relate to medication, foods, materials, metals or additives. If you have any allergies, you will need to wear a red identity band on admission and throughout your stay.

What about family & friends?

You will need to give the name of your next of kin or a person you would want contacted in an emergency, and a telephone number where they may be contacted.

We would ask you to identify one named person only to contact the ward to enquire about your progress, to make effective use of the Nurses' time.

What will happen on the day of my admission?

You will be asked to telephone the ward on the day of your admission to ensure that your bed is available. You may be asked to come at a different time than originally stated in your letter if found to be necessary by the ward staff.

As we do take emergencies it could mean that when you arrive at the ward for admission, you may have to wait a while for your bed. Obviously, we cannot predict the number of emergencies that we are going to receive each day to know when they are going to arrive, therefore your patience in this matter is greatly appreciated. We will try to keep your waiting time as short as possible.

Who is who?

Nursing staff throughout the Trust can be recognised by the following coloured uniforms (Dresses or Tunic and Trousers):

Matrons -	Navy with red trim	
Nurse Consultants / Advanced Nurse Practitioner / Clinical Nurse Specialist -	Blue and White Striped with	white piping
Senior Sister -	Navy Blue with white piping	
Ward Sister / Nurse Practitioner -	Royal Blue with White trim	
Staff Nurse -	Pale Blue with White trim	
Auxiliary Nurse Health Care Assistant -	Grey with White trim	
Student Nurses -	White with blue and yellow trim	
Physiotherapy Assistants -	White with blue trim	

As this is a teaching hospital, from time to time student nurses, doctors, physiotherapists etc, may wish to be involved, under supervision, in your care.

Although your co-operation in the teaching of these students is greatly appreciated, you are quite within your rights not to be attended or observed by them. If you do find you have a problem in this area please speak to the nurse in charge of the ward.

What facilities are available?

Located in Maternity Reception is a shop which sells toiletries and refreshments and a selection of daily newspapers.

There are a number of places to eat situated around the site, if you or your relatives wish to know their location please ask a member of staff.

What about smoking?

The Royal Wolverhampton NHS Trust is a non smoking hospital. This includes e-cigarettes.

What about accessing a telephone / television?

There is a telephone/television at each bedside which can be used for an additional cost. Cards can be purchased from machines located outside the ward.

What about mobile phones?

Mobile phones can be used within some areas of the ward; please check with nursing staff as to suitable locations. **Mobile phone chargers are not allowed to be used anywhere on the ward.**

What about my spiritual needs?

Members of the clergy visit the ward upon request. A service for all denominations is held in the chapel every Sunday morning. If you have specific religious needs, please let a member of the team know and they will try to put you in touch with the appropriate people.

What about food provision and meal times?

You will be offered a choice of courses for each of your meals. If you have any specific dietary requirements please let a member of the team know so that every effort can be made to comply with them. Snacks are available outside of meal times should you have missed a meal.

Breakfast - 7.30am - 8.30am

Lunch - 12pm - 1pm

Supper - 5.15pm - 6.15pm

Please be aware that these meal times are protected. Visitors are not allowed on the ward during these times except in exceptional circumstances.

What about visitors and visiting times?

The visiting times on the ward are:-

- 2.30pm - 4.00pm
- 7.00pm - 8.00pm daily

This is in line with the Trust Policy.

It is advisable for your visitors to telephone the ward on the day of your operation to see that you are up to being visited. You may not want your visitors to stay for the whole of visiting time as you will need plenty of rest immediately following your operation.

In accordance with fire and safety regulations, please do not have more than **two visitors** at any one time. Your visitors may be asked to leave the ward during Consultant ward rounds, etc.

Visiting hours may be reduced or withdrawn without prior notice in exceptional circumstances.

Children

Visitors are advised not to bring children under the age of 12 onto the ward. This is in line with Trust Policy. However, children will be allowed on certain occasions and it will be with the permission of the Ward Manager / Senior Nurse.

If these visiting times present any great difficulties please speak to the Nurse in charge of your care and wherever possible we will try to accommodate your needs.

Please note that security systems are in operation within the Maternity unit. Your visitors will be asked to ring the entry bell to the ward and will be asked who they are visiting prior to being allowed onto the ward. Their patience is requested whilst waiting for the door to be opened as it is a large ward and there may not be someone immediately available to release the door.

What about confidentiality?

It is important for you to know that whatever the nature of your operation or treatment, it is a private matter between you and the hospital staff involved in your care.

For this reason, no information will be passed on to anybody else without your knowledge or consent.

This applies even to immediate family unless in very exceptional circumstances, details of your treatment will not be given unless you have previously agreed for us to do so.

Confidentiality also covers the personal documents which are kept by your bed during your stay. These written records may contain personal information which you may choose to keep private or share with your visitors as you wish.

If there is a problem with any of these points, please ask to speak to your named Nurse, who will make every effort to resolve it.

Flowers / Plants

In line with Trust policy No flowers or plants are allowed on the ward. This is to reduce the risk of infection.

What will happen on the day of my operation?

Your operation is usually the day you are admitted. Every operation is different but the routine preparation for most operations is the same. You will be required to have nothing to eat or drink from a specific time given to you by the nurse either at your pre-assessment or in the letter sent to you stating your admission date.

You can expect to be asked to:

1. Have nothing to eat for a specified time before your operation, the pre-op nurses will tell you when to starve from. You may take small sips of water up to 2 hours prior to your operation
2. Take a bath or shower prior to admission
3. Remove all jewellery, make up, false nails, nail varnish, hair grips, underwear, dentures, contact lenses, etc and put on a theatre gown
4. A pre-medication (pre-med) may be offered at the discretion of your Anaesthetist. Not everyone is given a pre-med. This is not your anaesthetic
5. Patients are required to wear anti-embolus stockings, to reduce your risk of developing deep vein thrombosis (clot in the leg). If required the nursing staff will take appropriate measurements of the legs and apply the stockings. You may also require daily injections of a drug to prevent blood clots forming. You may need to continue these at home and will be taught how to give them and for how long by the nurses.

What happens when preparing to go to theatre?

Prior to leaving the ward to go to theatre the Nurse will run through the 'theatre check' with you. This is a safety procedure to ensure that the correct patient is going for the correct operation and enable us to be sure that you understand what operation you have consented to have performed.

After the 'theatre-check' is completed you will be taken to the operating theatre either walking independently or on a trolley accompanied by a Theatre Porter. The distance to walk is only short.

What happens when reaching the theatre?

Once you arrive at the theatre you will be shown or taken into the anaesthetic room where the Theatre Nurse will run through the 'theatre check' again. When the theatre nurse has finished the 'check' you will be given an injection by the Anaesthetist (usually in the hand) which will put you off to sleep.

Once you are asleep you will be moved into the theatre itself and your surgery will be performed.

When your operation is over you will wake up in the recovery room, you may not remember this.

You will be given strong painkillers should you need them. When you are sufficiently awake a team member will collect you and take you back to your bed on the ward.

Specific information regarding what to expect following your operation should have been given to you either at your outpatient visit or at pre operative assessment.

Please ask if you have not been given the appropriate booklet on admission.

Enhanced Recovery Programme (Not for patients undergoing day case or minor operations)

All Gynaecology patients undergoing major surgery are involved in the Enhanced Recovery Programme. You will be informed if you are on this programme.

The Enhanced Recovery Programme aims to improve patient care through the way we look after you during your hospital stay. It includes aspects of pre-operative, intra-operative and post-operative care. The programme may have been introduced to you at your outpatient appointment by your Consultant and also by the Pre-Op Nurse at your pre-op assessment.

The aim of the Enhanced Recovery Programme is to use a number of interventions to speed up your recovery and help you get better sooner. Patients on the Enhanced Recovery Programme recover more quickly following surgery, and so can leave hospital and get back to normal activities sooner. Enhanced Recovery aims to minimise both the physical and emotional stress of major surgery.

If you become unwell or you are not recovering as well as anticipated you will be removed from the Enhanced Recovery Programme to allow you sufficient time to recover.

Patients are also encouraged to play a vital role in their own care.

Daily Goals

Day of operation	Day 1	Day 2
Admission	Sit out of bed for short periods	Eating and drinking
Surgery	Eating and drinking as tolerated	Mobilise
Sit up	Start to mobilise (walk)	Shower
Drink		Dress
		Home

What are the approximate lengths of stay in hospital?

This is just a rough guide as every one recovers at a different rate and even the same operations vary slightly.

Type of operation	Approx. stay In hospital	Approx. time off work
Abdominal Hysterectomy	2 - 5 days	6 weeks - 3 months
Vaginal Hysterectomy	2 - 3 days	6 - 8 weeks
Laparoscopic Assisted vaginal Hysterectomy	1 - 2 days	6 - 8 weeks
Vaginal repairs	2 - 3 days	6 weeks - 3 months
Laparotomy / Abdominal surgery	3 - 7 days	6 weeks - 3 months
Laparoscopic surgery (sterilisation)	Day case / overnight	1 week
Large Loop excision of Transformation zone (LLETZ)	Day case	Up to 1 week
Endometrial ablation	Day case	1 week
Hysteroscopy, D/C	Day case	Up to 1 week
TVT/TOT	Day case	2 weeks

All Day case surgery patients are asked to bring an overnight bag with them as a precautionary measure.

How should you prepare for your recovery at home?

Once you get home from hospital, although you will not be totally helpless, you will need plenty of rest and help with many household tasks. For many gynaecological operations it may be advisable to limit lifting or pushing heavy objects for several weeks, i.e., no heavy shopping, no vacuuming etc.

Therefore it is important that you think about who is going to look after you once you get home or if perhaps we need to arrange some social services help for you.

When you do go home you will be given a copy of your discharge letter for your reference, a further copy will be sent to your GP and a sick note (sometimes known as a fit note) given if necessary. A follow up appointment may be required in the outpatient department and this will be sent to you in the post.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。