

## Gynaecology Admission - Patient Information

The aim of this leaflet is to provide you with some helpful information to assist you to plan your admission into hospital and your discharge home again. Most patients undergoing gynaecology surgery will be cared for on Cley ward, but sometimes other nearby wards will be where you are cared for.

### Length of Stay and Care at Home

This varies according to the type of operation you have. The likely length of stay and discharge day will be discussed with your doctor in clinic and at your pre-operative assessment appointment.

Although you will not need constant care after discharge, you may need to make arrangements for someone to do any necessary heavy lifting, e.g. shopping, vacuum cleaning, hanging out the washing etc. This will also be discussed at your pre-operative assessment.

### We suggest that you bring:

- Nightclothes (preferably nightdresses/shirts)
- Dressing gown
- Slippers
- Toiletries
- Sanitary pads
- Underwear – loose fitting if having abdominal surgery to avoid pressure on your wound
- Something to help you pass the time, e.g. magazines, books, **all regular medications, including inhalers, and in their original boxes.**

Please remove any nail varnish/false nails before admission. Make-up will need to be removed prior to surgery.

### On the ward

You are advised to drink plenty of fluids after your operation so you may choose to bring in squash. Fizzy drinks are best avoided to avoid 'wind pains'.

Some patients have difficulty sleeping at night. Ear plugs are provided, so please ask your nurse if you require them.

May we suggest that one person be nominated to telephone the ward and pass on any messages from family and friends and to gain information from staff. Although we do our best to pass on all messages, on busy days this is not always possible.

All patients have access to their own **patientline** bedside entertainment system which includes pay to use TV, a telephone and free access to radio, but you may bring your own phone, tablet/laptop and headphones if you wish.

Mobile phones and other devices may be used on the ward but please be aware chargers that have not been PAT tested by the hospital may not be used. Whilst our hospital is a safe environment please remember that these are your responsibility and you bring them in at your own risk

Your friends and family may wish to bring or send you flowers; may we suggest they be given or sent to you upon discharge due to hospital infection control policy

**Visiting Times** 14:00 -16:00 and 18:00 – 20:00

Please respect our visiting times. These times are given to aid our patients with their recovery. We are aware that you care for your loved one but it is important that they also have rest. There are times when relatives are asked to come in out of visiting hours and opening visiting is given to our end of life patients. Please discuss with the nurse in charge of the shift if you require any further assistance.

Car parking is to be paid at the full amount for those visiting patients. This can be reduced to the minimum payment for emergencies, visitors that have been asked to come to the hospital and for end of life patients. The ward does not have a ticket validating machine.

On the day of your operation we advise next-of-kin visiting only in the evening to avoid over-tiredness and to allow your painkillers to work to their maximum potential. It is important that you have adequate pain relief to enable you to move easily, breathe deeply, cough and complete the exercises that the physiotherapists will teach you. If you have pain, please tell your nurse so that pain relief can be given.

May we suggest that family/friends liaise with each other to avoid too many visitors at the same time? You will be surprised how tired you will feel after major surgery for the first few days and will find too many people difficult to cope with.

We hope that this leaflet is helpful, but you will be given more information at your pre-operative assessment along with the opportunity to discuss any concerns or questions with the nurse or doctor. Please feel free to discuss your care with your nurse or doctors on the ward. We always do our best to make your stay as 'enjoyable' as possible.

## **Discharge**

Once you have been given a date for discharge from the medical or nursing staff, it would be helpful for you to be collected in the morning. If this is not possible, you may be requested to sit in the Cley ward day room or be transferred to the Aylsham discharge Suite, where you can be collected from. Please keep a stock of pain killers with you at home for pain relief after to go home.

## **Fit Notes**

If you need a fit note certificate for work purposes please ask the doctors when discharge is discussed and our doctors will complete one for you. We can provide a sick note for up to six weeks, depending on which procedure you had had. If you need an extension to your fit note, this will be provided by your GP.

## **Cley Ward – 01603 287242**

24 hours/day answerphone. Patients will be called back usually within 24 hours during working hours (Monday-Friday 0800-1700).

