

# Day case hysterectomy

**If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## What is a day case hysterectomy?

A day case hysterectomy means that you will be discharged from the hospital on the same day that you have your surgery, following a 4 – 6 hour period of recovery on the ward.

A day case hysterectomy is carried out routinely in many hospitals in the UK and has been proven to be safe and acceptable for patients, without increasing complications or readmission rates.

## Who is a day case hysterectomy suitable for?

When you make a decision for hysterectomy, your gynaecologist will assess whether you are suitable for day case discharge. It is offered to patients undergoing a hysterectomy through a minimally invasive route including vaginal, laparoscopic or robotic approach.

There are several factors that are taken into consideration, including:

- Your surgery is anticipated to be straightforward
- Any medical conditions are well controlled (e.g. asthma, diabetes etc)
- You are not significantly anaemic
- You have access to a telephone and do not need an interpreter to communicate
- You live close to the hospital (within 30-60 minutes)
- You have a responsible adult at home with you for at least the first 24 hours after discharge.

## What are the benefits of a day case hysterectomy?

Going home early allows you to recover in your own surroundings and will enable you to return to normal function sooner.

There are several benefits to having a day case hysterectomy:

- Shorter hospital stay
- Reduced risk of complications such as hospital acquired infections and blood clots on the legs and lungs
- You will have a quicker return to eating and drinking and will be able to eat your preferred food
- Faster recovery – vaginal or keyhole surgery, combined with our enhanced recovery program, supports quicker healing.
- Better mobility and a faster return to normal activities.

## How can I prepare for my surgery?

Please read the information leaflets provided at your clinic appointment and pre-operative assessment appointments. They will provide you with useful information so that you know what to expect during your admission to hospital.

It is important that you take steps to ensure you are as healthy as possible before undergoing surgery. Before your operation you should:

- Take your regular medications, unless advised otherwise
- If you are a smoker, try to give up or cut down
- Maintain a healthy weight
- Eat a well-balanced nutritious diet
- Try to stop or cut down on drinking alcohol
- If you develop an infection or serious illness before your operation, please contact us

We recommend that you purchase some over the counter pain killers such as paracetamol and ibuprofen, as well as a supply of laxatives to be used at home after your surgery. The hospital will supply stronger pain killers and any other medications you require on discharge.

## What will happen before my surgery?

You will be invited to the pre-operative assessment clinic. During this appointment you will see a nurse who will check your fitness for general anaesthetic and surgery. You may be referred to see an anaesthetic doctor also. Your height and weight will be checked, and your BMI will be calculated. A blood test and swabs will be taken and any other investigations that are necessary for your operation to go ahead will be arranged e.g. x-rays, ECG etc. You will be asked about your medical and surgical history, whether you have had any problems with previous anaesthetic and if you have any allergies. All of this information is very important. Please bring a list of your medications and medical illnesses with you.

Prior to your surgery you will receive high energy carbohydrate drinks to help with your recovery. Instructions will be provided for when they need to be taken and when to stop eating and drinking before your operation.

You will receive an admission letter confirming the date and time that you need to attend the hospital on the day of your surgery.

## What will happen on the day of my surgery?

You will be admitted to the gynaecology ward. You will be seen by the gynaecologist performing your surgery who will check your consent form and answer any questions you may have about your operation. The anaesthetist will come to see you to discuss the anaesthetic and pain relief following the surgery. The nursing staff will prepare you for theatre and provide you with a surgical gown and stockings to reduce the risk of blood clots on the legs. You may be asked to provide a urine sample. We cannot give you an exact time of when your operation will be performed but we will keep you updated with an approximate time scale. A member of the theatre team will attend the ward to escort you to the operating theatre department when ready. You will enter the anaesthetic room and have a drip placed in your hand which will be used to administer the medications required for your general anaesthetic.

## What happens after my surgery?

You will be taken to the recovery room and monitored for up to 30 – 60 minutes, until you are ready to go back to the gynaecology ward. You will be given pain killers to ensure that your pain is controlled and anti-sickness medication, as required. On returning to the ward you will be encouraged to mobilise within 2-3 hours after your surgery. The nursing staff will monitor your observations including blood pressure, pulse and temperature. You will be encouraged to eat and drink. You will have a drip in your arm which will be removed when you are drinking fluids freely. You will need to pass urine before you go home. Any abdominal wounds will have dissolvable stitches that do not need to be removed, they will be covered with a small dressing which can be removed after 1 or 2 days.

## When will I be able to go home?

Providing that your operation and postoperative recovery are straightforward, you will be discharged after a period of 4 – 6 hours following your surgery. A member of the gynaecology team will review you to explain your operation findings and to confirm that you can go home. Before you are discharged, we will ensure your pain is under control, you are able to eat and drink and are passing urine normally. If you are unable to pass urine you may be discharged with a catheter (tube in your bladder) and we will arrange for you to come back to the hospital for removal, 2 – 3 days after your surgery.

If there are complications as a result of the surgery or anaesthetic, you may need to stay in hospital overnight.

## What to expect when I am discharged?

You will be given medication to take home with you which may include stronger pain relief; anti-sickness medication; blood thinning injections to help prevent blood clots; iron tablets and laxatives, as required. Upon discharge, we will provide you with a doctor's certificate for time off work, if needed. We will give you information on when to seek medical advice and who to contact if there are concerns after your operation.

## Do I need someone to look after me following my surgery?

Yes, please arrange for someone to accompany you from hospital and stay with you for the first 24 – 48 hours following your operation. You shouldn't drive for the first 24 hours after anaesthetic so please make arrangements for someone to collect you and transport you home. If you have children or dependants, please arrange for somebody to care for them during your recovery period.

## Will I need follow up?

If you go home on the same day as your operation, you will receive a telephone call from a member of the gynaecology nursing team within 24 – 48 hours to check on your progress. Please ensure we have an up-to-date telephone number for you. Your surgeon will specify whether you require further follow up in the gynaecology clinic. If so, an appointment will be requested for you on discharge from the ward.

## Who can I contact if I have any questions?

If you have any concerns about having your hysterectomy as a day case, please tell your gynaecologist who can discuss this further with you. If you have questions or need any further information, then please do not hesitate to contact:

### Whiston and St Helens hospitals

Gynaecology Secretaries  
Womens Offices, Whiston Hospital  
Tel no. 0151 676 5289  
Gynae.secs@merseywestlancs.nhs.uk

Gynaecology Ward (3E)  
Level 3, Whiston Hospital  
Tel no: 0151 430 1522

### Southport and Ormskirk hospitals

Gynaecology Secretaries  
Tel no. 01695 656658

Gynae Assessment Bay (E ward)  
Ormskirk Hospital  
Tel no. 01695 656901



**Mersey and West Lancashire  
Teaching Hospitals**  
NHS Trust

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshalls Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

Ormskirk Hospital  
Wigan Road,  
Ormskirk L39 2AZ  
Telephone: 01695 577111

Southport Hospital  
Town Lane, Kew  
Southport PR8 6PN  
Telephone: 01704 547471