

Information about your surgical procedure

Consultant

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onat am/pm

On arrival at Peterborough City Hospital come directly to the Day Treatment Unit, level 1 of the main hospital.

If you are unable to attend for any reason, please telephone the emergency gynaecology unit on 01733 673758

What to do before coming into hospital

You must ensure that you have arranged for a responsible adult, over the age of 18, to take you home after the operation and that someone, over the age of 18, will be at home with you for 24 hours after the operation, and is aware that you have had a procedure performed. In case of emergencies you need to have a telephone or mobile phone at home.

Friends or relatives are not usually able to stay with you prior or post surgery. They will be contacted when you are ready to go home.

On the day of your surgery you may have a light breakfast before 8am, - which can be either a small bowl of cereal with minimal milk OR a slice of toast with a light scraping of spread of your choice. You may have clear fluids up until 11.00 a.m., either water or diluted fruit squash, black coffee or black tea. **You must not eat anything after 8.00 a.m. (this includes boiled sweets and chewing gum) or drink anything after 11 am.**

If you do not follow these instructions carefully your operation will be cancelled. You may take any regular, prescribed tablets and medicines at 8.00 a.m. unless told otherwise in clinic, and bring all your medicines and inhalers to hospital with you.

You need to bring with you a clean dressing gown and slippers, and you must bring a change of underwear (pants that can be worn with a sanitary towel) and a supply of sanitary towels (not tampons).

You must remove all makeup, nail varnish from hands and feet, and all jewellery, including any body piercings, prior to coming to the unit. All acrylic

nails or overlays need to be removed before you come to hospital as well. Do not have any new tattoos or piercings before surgery.

We strongly advise you to leave your valuables at home - the Trust accepts no responsibility for lost or damaged property which is left unattended or not placed in a locker. Please bring a £1 coin with you so that you can put your possessions in a locker. The coin will be returned to you when you go home.

What happens before your operation?

About 2 hours or so before the operation you will have some pessaries (tablets) placed inside your vagina. These will soften and open up the neck of the womb. This can sometimes cause some period type pain and occasionally slight bleeding. You will be offered a voltarol suppository, which is a long acting painkiller, and also an antibiotic suppository. These will be inserted into your back passage (rectum).

You will see the anaesthetist on the day of your operation, who will answer any questions you may have.

You will be asked to get into an operating gown, and your dressing gown and slippers. Your underwear must be removed and your pants will be placed in your dressing gown pocket (these will be put back on in the recovery room). Place your belongings in a locker and pin the key to your dressing gown. A wedding ring may be left on and will be taped. If you normally wear contact lenses we advise you to wear glasses on the day of your operation.

You will walk to the anaesthetic room where you will have a small injection into your hand or arm and then you'll go off to sleep.

What does the operation consist of?

You will have a short general anaesthetic and will be completely asleep. We stretch the neck of the womb (cervix) through the vagina. Then we take out the pregnancy tissues from inside the womb. If you are having contraception, such as an implant or coil, this will be done at the same time when you are asleep. Your operation will be performed as a day case. This means you come into hospital on the day of the operation and go home the same day if all goes well.

After the operation

Once you are fully awake after the operation you must have something to eat and drink and pass urine. We will check that there is little or no bleeding, that your pain is under control and that you are not being sick. If all is well you will be allowed to go home about 1 hour after your operation.

If you have Rh negative blood group you will need to be given an injection called 'Anti-D'. This will prevent you having problems with blood transfusions or pregnancies in the future.

If your Chlamydia result was positive then treatment will be given and we suggest that you make an appointment at the Department of Sexual Health, for further screening. Your partner should also have screening/treatment carried out.

When you go home you will have some bleeding. This may last up to 8-10 days. This should not be heavier than a normal period and will gradually get lighter in flow. Do not use tampons during this episode of bleeding as they may cause infection. You can expect your next period in one month's time. You must not have sexual intercourse until the bleeding has stopped.

Please have a stock of your normal pain relieving medicines at home to take as needed, after your operation.

Future contraception

If you require contraception, please let us know.

These are some of the options:

- The oral contraceptive pill - start taking this the evening of your operation, and at the same time every day afterwards as instructed
- Depo-Provera injection - given after your operation and lasts for 12 weeks (remember to visit GP for the next injection to ensure continued contraception).
- Implant- inserted into your arm at the same time as surgery. This lasts for up to 3 years
- The IUCD/Mirena IUS - may be inserted at the time of your operation. You should have a GP check around 6 weeks after to check the strings and ensure the device is in the right place. Please use condoms until this check has been carried out.

If you have any concerns about your contraception once you get home, please speak to your GP/Family Planning/CASH service

Counselling

Counselling is available. Please contact us on 01733 673758 for further details.

When you leave the hospital

You **must not** drive, ride a bike, operate machinery, drink alcohol or sign any legal documents for 48 hours following your operation. You can't go home on public transport, and should have someone to look after you for the first night.

When you get home we suggest you take it easy for the next day or so, and take painkillers 4-6 hourly as needed.

Risks/problems

Complications are very rare, but include:

- Excessive bleeding
- Damage to the womb or cervix
- Infection of the womb and/or tubes

Contact Details

Pregnancy/Gynaecology Emergency Service, Peterborough City Hospital,
Edith Cavell Campus Bretton Gate, Peterborough PE3 9GZ, Telephone
01733 673758

Monday- Friday	08.00 – 18.00
Weekends	08.00 – 12.00

Outside of these hours, please go to the Emergency Department if you have a medical emergency.

Peterborough City Hospital, Edith Cavell Campus, Bretton Gate,
Peterborough, PE3 9GZ

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