

Preparing for gynaecological surgery

Gynaecology

Information for Patients

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Introduction

You have been given this leaflet to help prepare you for gynaecological surgery. Before your procedure, you will need to follow the instructions in this leaflet to minimise possible complications during your surgery. Your clinician will tick the specific instructions which you need to follow on the next page. Any items you may need to follow the instructions will be given to you at appointment.

(If your surgery might involve the bowel, a different leaflet with instructions will be given to you).

You may need to attend our Pre-operative Assessment Clinic before your operation, so we can check you are fit for your surgery. If so, the nurse will also go over the instructions in this leaflet with you at your pre-operative assessment appointment.

Contact details

If you have any queries please check if they are answered in this leaflet. If you need to, you can contact us on the numbers below:

- Pre-operative Assessment Clinic (Leicester General Hospital)
0116 258 4839 (Monday to Friday - 8am to 4pm)
- Gynaecology Assessment Unit (Leicester Royal Infirmary)
0116 258 6259 (Monday to Friday - 8am to 4.30pm)

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Patient name: _____		✓
2 days before your surgery: Date: _____	Start using the antibacterial wash (see instructions on page 3)	
	Start using the antibacterial nasal ointment (see instructions on page 3)	
Day before surgery: Date: _____	Stop alcohol and smoking 24 hours before surgery	
	For patients who need to be admitted the day before their planned surgery (early admission), please come to (see page 5 for details): <ul style="list-style-type: none"> • Leicester Royal Infirmary, Gynaecology Assessment Unit at 3pm <input type="checkbox"/> • Leicester General Hospital, Ward 31 at 3pm <input type="checkbox"/> 	
	Take 2 pre-operative hydration drinks (Nutricia) between 6pm and 10pm (morning patients)	
Day of surgery: Date: _____	Morning admission Come to Leicester General Hospital (page 5 for details) <ul style="list-style-type: none"> <input type="checkbox"/> 7am - Theatre Arrivals Area 1 <input type="checkbox"/> 7.15am - East Midlands Planned Care Centre <input type="checkbox"/> 7.30am - Ward 31 	Take 2 pre-operative drinks between 2am and 6am Fasting time: <ul style="list-style-type: none"> • Between 2am and 6am - do not eat. Drink plain water only (no chewing gum). • From 6am - nil by mouth.
	Afternoon admission Come to Leicester General Hospital (page 5 for details) <ul style="list-style-type: none"> <input type="checkbox"/> 11.30am - Theatre Arrivals Area 1 <input type="checkbox"/> 12 noon - East Midlands Planned Care Centre 	Take 4 pre-operative drinks between 2am and 11am Fasting time: <ul style="list-style-type: none"> • Before 7am have a light early breakfast (toast or cereal). • Between 7am and 11am - do not eat. Drink plain water only (no chewing gum). • From 11am - nil by mouth.
If an enema needs to be administered on admission it will be determined on the day of surgery.		

Why will I need to have the Nutricia drinks?

The pre-operative drinks (Nutricia) are to help keep your body stay hydrated before surgery.

These are not suitable for diabetics. Diabetic patients will be asked to drink water instead to improve hydration before surgery.

What is an enema? Will I need to have this?

An enema is when a liquid solution is inserted through your bottom to the rectum. This may be needed to clear your bowel before your surgery. If an enema needs to be administered on admission it will be determined on the day of surgery.

Instructions for using antibacterial wash and nasal ointment

- To reduce your risk of infection during your hospital stay all patients are given an antibacterial soap to wash with. This soap helps to reduce the amount of germs on your skin. It will be given to you at your pre-operative assessment appointment. You need to start using this 2 days before your surgery, including on the day of surgery, and every day while in hospital.

The antibacterial wash should be applied directly onto wet hair and skin with a new or disposable cloth to prevent the spread of germs. Do not dilute with water as this will not be effective.

As a pre-wash, rub the antibacterial wash all over your body, particularly in skin creases such as the under arms, groin, fingers and toes. Leave it on your skin for at least 30 seconds before rinsing. Also wash your hair with the antibacterial wash once before your admission.

You can use your normal wash products, shampoo and conditioner after you have used the antibacterial wash, if you wish.

Finally dry yourself with a clean towel.

- An antibacterial nasal ointment may also be given if you are staying overnight, to help prevent infections from certain bacteria found within the hospital. You will need to start using this 2 days before your surgery, including on the day of surgery, and every day while in hospital.

A small amount of this ointment should be applied using a cotton bud or clean finger, 3 times a day (morning, midday and evening) to each nostril. Please remember to bring any remaining ointment on admission, as you will also be asked to use this whilst you are in hospital.

Personal preparation and additional instructions

- If you are a smoker it is recommended that you stop **3 months** before your surgery. If you are not able to do this you should aim to reduce your intake as soon as possible, in the lead up to your surgery.
- **You must stop alcohol and smoking completely 24 hours before your surgery and after your surgery.**
- Do not use any body lotion, cream or perfume.
- Do not wear any make-up.
- Remove jewellery and piercings.
- Remove all nail varnish, including clear polish, acrylics and shellac.
- The trust will not accept liability in the respect of any lost or damaged property or belongings.
- Your personal belongings will be securely transferred by a member of staff to your recovery ward. If you are staying overnight (inpatient), you are allowed 1 small item of holdall luggage (less than 10kg).
- Please do not dry items on ward radiators during your stay.
- Please use headphones/ earphones for all audio devices/ phones, and not the loud speaker.
- **For diabetic patients on insulin and/ or tablets - once admitted to the ward if at any time you feel faint, dizzy, or think you are having a 'hypo' please let staff know immediately.**

What to bring on admission

- Please bring **all** medications you are taking (prescribed and non-prescribed). Bring all of your medications in the green bag you were provided.
- Dressing gown or similar.
- Slippers or suitable shoes.
- Phone/ reading book/ magazine.
- Sanitary towels (regular or night sized towel).
- Glasses case/ hearing aid case/ denture case - where applicable.

For an overnight stay (inpatient) you will also need:

- Nightwear (pyjamas are not advisable).
- Underwear (full brief).
- Toiletries (travel size 100ml) including tooth brush and tooth paste.
- Towels (medium sized).
- 2 flannels/ wash cloth.

Admission/ recovery wards at Leicester Royal Infirmary

- For patients who need to be **admitted the day before** their surgery (early admission), please come to the Gynaecology Assessment Unit at **3pm** for your admission.
Gynaecology Assessment Unit (0116 258 6259) - located on Level 3 of Balmoral Building (visiting hours - 11am to 8pm)
- Theatre Arrivals Area 1 (0116 258 5744) - located on Level 2 of Balmoral Building

Admission/ recovery wards at Leicester General Hospital

- For patients who need to be **admitted the day before** their surgery (early admission), please come to Leicester General Hospital, **Ward 31** at **3pm** for your admission.
Ward 31 (visiting hours - 11am to 8pm) - 0116 258 4843, located via the maternity entrance, Coleman Road. Patient car parks available to the left and right of the department.
- **Theatre Arrivals Area 1** - 0116 258 8210, located via the main entrance of Leicester General Hospital, off Gwendolen Road (Car park 1 is recommended).
- **East Midlands Planned Care Centre (EMPCC)** - 0116 258 1421, located off the Coleman Road entrance (Car park 2 is recommended).
- **Ward 31** (visiting hours - 11am to 8pm) - 0116 258 4843, located via the maternity entrance, Coleman Road. Patient car parks available to the left and right of the department.
- **High Dependency Unit (HDU) (for complex cases)** - 0116 258 4650, located via the maternity entrance, Coleman Road. Patient car parks available to the left and right of the department.

A relative or friend may accompany you to check-in. The receptionist will check your details and let staff know you have arrived. You will be asked to take a seat until the nursing team calls you through. Relatives/ friends are not able to stay with you after check-in due to privacy and confidentiality of other patients, unless this has been agreed for specific reasons. They can return to the discharge location, or arrange to visit you on your recovery ward during visiting hours.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk