

Enhanced Recovery Programme:

How to recover quickly from your gynaecological surgery

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

The Enhanced Recovery Programme

When you are admitted to hospital for your surgery, you will be taking part in an **Enhanced Recovery Programme**.

The aim of this programme is to improve the quality of your care and get you back to full health as quickly as possible after your surgery.

The programme has been developed by a team of healthcare professionals including anaesthetists, nurses, doctors, dieticians, physiotherapists and surgeons.

The key parts of the programme are:

- Nutrition
- Good effective pain relief
- Moving about soon after your surgery

Your active involvement

In order for the programme to be successful you need to take an active part in your recovery, and this leaflet tells you how to do this.

Before your operation

Having surgery can be a worrying time. The aim of the enhanced recovery programme is to provide you with advice and information to try and address some of your concerns and help you recover quicker. You may find it useful to make a note of any questions or concerns you wish to discuss and bring these with you to your appointments.

You will attend a pre-operative assessment clinic where you will be given information about your admission date and surgical procedure, and you will have a full nursing and medical assessment.

Following your pre-operative assessment you will be invited to attend a **“Gynaecology School”** which is aimed at providing you with the information you will need to help you before and after your surgery, and to address any of your concerns. This will take **approximately 2 hours**.

This is a group session and will involve talks from most of the team that will be involved in your care. It will also include a tour of the ward where you will recover following your surgery.

On the day you will also:

- Have an opportunity to talk to the nursing staff
- Receive a free supply of a carbohydrate drink to be taken before your surgery, which is discussed in your nutrition leaflet

The days before admission

- Once you have been put on the list for surgery you can do lots of things to help with your recovery
- Stop / avoid smoking
- Discuss and plan with your family what help you will need at home following your surgery
- Make sure you are eating good nutritional food (see leaflet on nutritional advice enclosed)

As part of the enhanced recovery programme you will be required to take 3 carbohydrate loading drinks called 'Preload' which you will be given at the "**Gynaecology School**". The information below tells you what you can eat and drink before your surgery.

If your surgery is in the:

Morning

- Take the **first** Preload drink in the **evening before your surgery**
- Take the **second** preload drink **before bed**
- No food from midnight the evening before your surgery, but you may still have clear fluids **until 2 hours before** your surgery
- Last remaining pre load to be taken at 6am.

Afternoon

- Take the **first** Preload drink in the **evening before your surgery**
- Take the **second** preload drink **before bed**
- Eat and drink as normal the evening before your surgery
- Last remaining pre load to be taken at 10 am.

The day of your operation

Pre medication

Before your surgery you will be offered pre medication by the nursing staff. This may include:

- Lansoprazole 30mg
- A Clexane injection to prevent blood clots and anti-thrombosis stockings.

If you are on regular medication you will have been advised by pre-operative assessment if this should be taken. If you are not sure please ask the nursing staff.

Please bring **all of your medication with you**

If your surgery is in the:

Morning

- Take the **third** Preload drink **at least 2 hours before** your surgery
- You may have **clear fluids until 7am** – this can include black tea and black coffee

Afternoon

- Take the **third** Preload drink **at least 2 hours before** your surgery
- Have a light breakfast before 7am then you are **not** to have any food
- You may have **clear fluids until 2 hours before** your surgery – this can include black tea and black coffee

Going to theatre

- You will be asked to change into a gown and remove all make-up, nail varnish and jewellery
- You will walk to theatre with a nurse unless there is a medical reason why you cannot walk
- In theatre your care will be transferred over to the theatre staff
- The anaesthetist will have previously discussed in detail at the Gynaecology School the type of anaesthetic and pain relief that will be used with you, or this will be discussed prior to theatre on the ward.

Returning to the ward

Following your surgery you will return to the ward on a theatre trolley and be transferred to your bed, where you will be regularly monitored.

Once on the ward:

- You can refer to your “Fit For Life” booklet to help to remind you of your exercises
- You can have a light diet and fluids – unless there was any complication with the surgery
- You will have a “drip” that will be removed once you have been able to take fluids
- Approximately **5 hours after** your surgery you will be assisted to sit in a chair for a short time. If you have your surgery in the afternoon, this may be the next morning
- You will be able to change into your own night wear or day clothes

Day 1 after your surgery

- You will be offered help with your personal hygiene at your bedside
- You will be encouraged to wear comfortable clothing
- You will have a catheter in place; this will be removed on the evening of day 1

- You can eat and drink as normal
- You will be able to move about around your bed area and go to the toilet
- Your team will discuss your operation and plan of care with you

Day 2 after your surgery

- Planning of your discharge home will begin
- Continue to move about around the ward
- Continue to eat and drink
- You will have a routine blood test to check for anaemia
- Arrangements will be made to remove any clips or stitches

On Discharge

- You will receive a discharge information leaflet
- You will be given medication on discharge if required, which may include a mild laxative
- You will be recommended to take Paracetamol as routine pain relief at home
- You will be advised to continue wearing your surgical stockings until you are fully mobile
- Depending on your surgery you may be prescribed Clexane injections which will continue for **14-28 days**

Recommended websites

www.bsccp.org.uk/ (The British Society for Colposcopy and cervical pathology)

<https://www.rcog.org.uk/en/patients/patient-leaflets/?q=&subject=Gynaecology&orderby=datedesc> (The Royal College Of Obstetricians and Gynaecologists)

www.nhs.uk/conditions/enhanced-recovery (NHS Choices)


https://thepogp.co.uk/Resources/118/fit_following_surgery_advice_and_exercise_following_major_gynaecological_surgery (Pelvic Obstetric & Gynaecological Physiotherapy)

If you require this document in Braille, large print or another language, please call the community PALS (Patient Advice and Liaison Service) on:

0800 073 0578

For further advice please telephone:

**Gynaecology Ward 3E – 0151 430 1522
(24 hours)**



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