

## Gynaecology - Excision of Uterus

### Introduction

The COVID-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

When you are waiting for further treatment it can sometimes feel like a long wait. The information and advice here is aimed at helping you manage that wait so you arrive for your appointment in the best possible physical and mental health.

The NHS has limited resources which means that we are unable to treat you as quickly as we would like. Each healthcare provider has to consider the type of help you need, how quickly you need treatment, the best course of action to help you and when and where you can be seen.

The process of sorting patients based on their individual needs is called prioritisation. The system of prioritisation is applied consistently across the NHS to help us to decide the order in which patients receive their treatment. This is essential to ensure that we provide care based on need. The system means that care is delivered in the fairest way possible.

Once a referral has been made from primary care to secondary care, the specialist team conduct assessments and then agree with you on the right course of action. At this stage, the urgency will be assessed. If you have a long-term health condition, for example, you may need treatment faster than someone without.

### Guidance for Patients

Before your appointment you should eat and drink normally. You do not need to fast before your appointment.

It is recommended that you take pain relief (400mg of ibuprofen or 1 gram of paracetamol or whatever pain relief you find useful for period pain) at least 1 hour before your appointment. Bring a list of any medications that you are taking with you.

Whilst you are waiting for your procedure, it is important to maintain a healthy lifestyle.

### My Planned Care Patient Information Platform

If you cannot attend your appointment at the time you've been given, contact the hospital or clinic to rearrange it. It may help to have your NHS number with you when you contact them.

Allow plenty of time for your visit, especially if this is your first appointment. You may have to wait if your healthcare professional's other appointments overrun or they are called away to an emergency.

While you are waiting for your procedure your Gynaecologist may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options.

Version 1: May 2022 The contents of this information has been reviewed and approved by the Senior Leadership Team of Dorset County Hospital NHS Foundation Trust

Chair: Deborah Evans

Chief Executive: Deborah Lee

## What should I do if my health is deteriorating?

Please contact your GP or the Obstetrics and Gynaecology department if you have any of the following symptoms:

- bleeding after the menopause (postmenopausal bleeding)
- very heavy periods
- bleeding between periods
- irregular bleeding while on hormonal treatment
- removal of a coil when the threads are not visible at the cervix
- fertility concerns
- following a miscarriage
- to investigate something seen inside the uterus on an ultrasound scan, such as an endometrial polyp or fibroid.

### Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

### Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

### Additional Support

For advice and support for a healthier lifestyle please contact Gloucestershire Health and Care NHS Foundation Trust [ghc.nhs.uk](http://ghc.nhs.uk) and/or Healthy Lifestyles Gloucestershire [hsglos.org](http://hsglos.org)

## Contact Us

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