

## Gynaecology

### Introduction

The Covid 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 can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

### Guidance for Patients

Our gynaecology services are provided by a highly specialised team of medical and nursing staff. A comprehensive range of outpatient services are offered, mainly on the PAH site. The majority of non-emergency day case gynaecology surgery is performed at the ADSU site. The gynaecology team treat conditions including heavy, painful and irregular periods, abnormal vaginal bleeding or lack of periods, ovarian cysts, endometriosis, polyps and fibroids.

They also provide treatment for all types of vaginal prolapse, urinary incontinence, the insertion/retrieval of coils and female sterilisation. The gynaecology team are based at PAHT but you may be seen at one of our other hospitals in SMH and HEH. You can access further information on Essex well-being service on the link below:

<https://www.essexwellbeingservice.co.uk/>

### General Gynaecology Clinics

We see and treat patients with a variety of problems such as pelvic pain, menstrual problems, and menopause and for contraceptive advice.

### Colposcopy

The colposcopy service is provided by a multidisciplinary team, of doctors, nurses, and cytologists. It offers nurse run diagnostic colposcopy clinics; post coital bleeding clinics and results clinics, and mixed diagnostic/treatments clinics by medical staff; where patients can be offered treatment at the same visit if required. The nurse colposcopists also provide an advisory service to patients, GPs, practice nurses and other health professionals. The hospital you will be seen at will depend on the type of treatment or surgery that you need.



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### Covid-19

A recent Covid-19 infection increases your risk of lung complications or death if you have an operation under general anaesthetic. This risk reduces the longer it is since the infection. After 7 weeks the risk is no higher than someone who has not had Covid-19. However, if you still have the symptoms the risk remains high. The risk also depends on your age, overall health and the type of surgery you are having. You must follow instructions to self-isolate and take a Covid-19 test before your operation. If you have had Covid-19 up to 7 weeks before the operation you should discuss the risks and benefits of delaying it with your surgeon.

### Improving your health

It is important that while you are waiting for your appointment or surgery you remain as active as you can. Having a well-balanced diet is also important, as is reducing any weight that may be impacting on your general health.

Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker it would be advisable to seek support to help with stopping.

### Stay Active with Active Essex

Physical activity and positive movement can come in many different forms, but the benefits are endless. Movement and activity can be anything, it doesn't necessarily mean spending hours at the gym, it could be taking small steps, such as ditching the car and travelling actively or meeting up with friends for a walk. The benefits of you doing this, will not only make you feel better in yourself, but will improve your overall health and wellbeing.

Find Your Active and what you can get involved in here:

<https://www.activeessex.org/find-your-active/>

### Take Your Medication

Medicines are widely used by the NHS to prevent and treat poor health. When medicines are not taken or used properly, it can lead to poor and worsening health and wellbeing. Before taking any medication, carefully read all the instructions on the label and ask your doctor or pharmacist for help if you are not sure how to take them.



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When it comes to getting the best from our medicines, we all need to know: it's OK to ask.

<https://meandmy Medicines.org.uk/>

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

#### 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.

#### GP surgeries are still open

If you experience an increase in pain or a significant change in your symptoms or eyesight, you should in the first instance contact your General Practitioner for review and advice.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

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When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.



A list of GP practices with relevant contact details are available on the following website:

[Find a GP - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**Contact Details:**

**PAHT Switchboard:** 01279444455

Please note we will not give explicit clinical advice via telephone/email until you have been reviewed within clinic by a consultant first.

