

Hysterectomy for heavy periods

Guidance for patients

March 2022



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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 reviewed by clinicians who are responsible for your care.

Guidance for Patients

It is important that while you are waiting for your surgery you remain as active and as medically fit as possible. If you have any long-standing conditions such as high blood pressure you should get this reviewed at your GP surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. 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, advice can be found at your local pharmacy or GP surgery.

We here in the Gynaecology Department at NWA Anglia FT want to help you manage your osteoarthritis during these challenging times, when the delays to normal elective surgery, mean you are not getting your surgery as quickly as we would like. There are some very useful websites that can help you to manage some of the symptoms you are experiencing and guidance regarding help and support that you may be able to access.

NHS Website living with heavy periods - [Heavy periods - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Healthy eating and being active

Information and advice on healthy eating and becoming more active is available from:

- One You Eat Better (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- Better Health -Get Active (website) - includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition

Find out your BMI

You can get help to lead a healthier lifestyle. If it's too high, sign up for a programme that will help you lose weight.

The NHS 12-week fitness plan will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

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

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 bleeding where you need to change sanitary pads every 1-2 hours, it is prolonged for more than 7 days, passing large clots, feeling very lethargic or short of breath, 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.

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 you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP, or paramedic.

Before you see your GP, it may be worth thinking of the questions that you could be asked to help make a diagnosis and decide how quickly you need treatment. Some standard questions are as follows:

- How has your bleeding changed?
- How many times do you need to change your sanitary pad?
- Are you passing clots, and if yes, what size are the clots you are passing?
- For how many days has the bleeding been heavy?
- Do you have any other medical problems?
- Do you take any medicines?

Managing heavy bleeding at home

If you do not need to see a doctor straight away, consider managing and monitoring the problem at home.

You may find it helpful to:

- lose weight if you're overweight to relieve some of the strain
- avoid activities that make the pain or bleeding worse, such as strenuous exercise
- wear flat shoes and avoid standing for long periods
- take painkillers, such as [paracetamol](#) or [ibuprofen](#) if you have no allergy

Overactivity

If your heavy bleeding is related to exercising or other types of regular activity:

- cut down on the amount of exercise you do if it's too much
- consider changing the type of exercise and the frequency (two short sessions rather than one long session)
- try [low-impact exercises](#), such as [swimming](#) or [cycling](#), instead of running

Your bleeding may gradually worsen over time

However, if your symptoms deteriorate dramatically due to your prolapse, it may be necessary for a new review by the hospital team. Your GP can send an advice and guidance request through the NHS e-referral service.

Further advice can be obtained from the Emergency Gynaecology Assessment Unit 01733 673758

Contact Us

Emergency Gynaecology Assessment Unit 01733 673758