

## Gynaecology – Laparoscopic Hysterectomy

### 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

Your Gynaecologist has recommended a laparoscopic hysterectomy where your womb is removed using instruments inserted through small cuts on your abdomen. You will be provided with a written information leaflet that details your specific surgery when you attend the Gynaecology Outpatients Department. If you do not receive written information please contact the Gynaecology Outpatient Team.

Common reasons for having a hysterectomy include:

- Heavy or painful periods not controlled by other treatments

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Chair: Deborah Evans

Chief Executive: Deborah Lee

- Fibroids where the muscle of your womb becomes overgrown
- Cancerous cells
- Endometriosis

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 too in the short term to support your well-being.

### **This may include:**

- Medication
- Pelvic floor exercises
- Physiotherapy
- Lifestyle changes
- Intrauterine systems

### **My Planned Care Patient Information Platform**

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 too in the short term to support your well-being. This may include:

- Lifestyle changes
- Medication

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

If it is not an emergency please contact the NHS 111 service.



### **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 [hlsghos.org](http://hlsghos.org)

### **Contact Us**

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