

## Gynaecology - Repair of Prolapse

### Introduction

Your Gynaecologist has recommended a repair of your prolapse; an operation to tighten the support tissues of your bladder or bowel. You will be provided with a written information leaflet that details your specific surgery when you attend the Gynaecology Outpatients Department.

What should I do if my health is deteriorating? If you feel you are becoming more unwell, please contact your GP or NHS 111 for medical review in the first instance. Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Gynaecology team to discuss their findings in more detail and determine a management plan

### Guidance for Patients

#### Common reasons for having a prolapse repair include:

- Need to pass urine more frequently
- The feeling of not fully emptying your bladder
- Difficulty passing urine
- A bulge in your vagina causing discomfort

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:

- **Pelvic floor exercises**
- **Physiotherapy**
- **Vaginal Support Pessary**
- **Lifestyle changes**
- **Medication**

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 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 Doctor's surgery.

#### Find out your BMI

Follow this link to the [NHS BMI Calculator](#)

## My Planned Care Patient Information Platform

### BMI of 25+

If you have a Body Mass Index of 25 or higher the [Better Health Let's Do This – Lose Weight](#) website provides online support to help you lose weight and includes access to the NHS 12 week weight loss plan.

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.

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.

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### Contact Us

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