

## Gynaecology – Repair of Prolapse

### 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

Pelvic organ prolapse is when 1 or more of the organs in the pelvis slip down from their normal position and bulge into the vagina.

It can be the womb (uterus), bowel, bladder or top of the vagina. A prolapse is not life threatening, but it can cause pain and discomfort. Symptoms can usually be improved with pelvic floor exercises and lifestyle changes, but sometimes medical treatment is needed

There are several treatment options available for pelvic organ prolapse.

The most suitable for you will depend on:

- the severity of your symptoms
- the severity of the prolapse
- your age and health
- whether you're planning to have children in the future

You may not need any treatment if the prolapse is mild to moderate and not causing any pain or discomfort.

Treatment options include:

- lifestyle changes
- pelvic floor exercises
- hormone treatment
- vaginal pessaries
- surgery

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All information relating to Gynaecology procedures, and aftercare following a procedure, can be found via the Liverpool Women's Hospital website which has all appropriate guidance and information.

Please follow the link below to access this information

[Gynaecology Leaflets - Liverpool Womens NHS Foundation Trust](#)

Additional Information regarding surgical options for repair of prolapse can be found using the patient decision aid provided by NICE (National Institute for Clinical Excellence) which can be found via the following link

[surgery-for-uterine-prolapse-patient-decision-aid-pdf-6725286112 \(nice.org.uk\)](#)

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

If your condition suddenly worsens whilst you are waiting you should seek advice.

#### 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

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic and 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.

### Contact Us

For any enquiries please contact the Trust via our switchboard on 0151 708 9988

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