

Future Plans

If you are unsure about the need for further treatment and whether this has been planned for you, please do not hesitate to ask one of the medical or nursing staff.

What to Expect in the Next Few Weeks

You will find that you are quite tired for some time. You should not stay in bed, but get up and get dressed each day. Space your activities throughout the day and gradually increase them as you feel able. You do not have to stay at home and may go out as you wish.

You may find that you are occasionally tearful and emotional. This is a normal reaction and will gradually lessen. However, if you find this to be an ongoing problem, please let your general practitioner know.

You may resume your normal diet and your appetite should return to normal over the next few weeks. There are no dietary restrictions. You may drink alcohol if you wish.

The area around the operation site will take a few weeks to completely heal and you should avoid activities that will strain the area during this time.

Ask your doctor when you may resume:

- driving a car
- sexual intercourse
- heavy lifting or stretching
- strenuous activities or exercise

*If you have any worries
or problems,
contact your doctor or
Emergency Department on
(02) 9845 5555*

A free and confidential interpreter service, including Auslan, is available 24 hours, 7 days a week.

Ask staff to arrange an interpreter for you. Carers provide care and unpaid assistance to others. They may be family members, friends or neighbours. Please tell staff if you have a carer.

All our health facilities and grounds are 100% smoke free. Fines apply.
Contact Quitline: 137 848 or
www.icanquit.com.au

Parking is available on the hospital campus for a fee.

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:
WSLHD-Get_Involved@health.nsw.gov.au



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Health
Western Sydney
Local Health District

Westmead Hospital

Womens Health Ward

GYNAECOLOGY WARD

Location:

Block G, Level 4
Womens Health Ward

Phone:

(02) 9845 5555

Visiting Hours:

8:00am to 8:00pm
All visiting is at the discretion
of the Nursing Staff

The staff of Womens Health Ward specialise in the care of women with general gynaecological problems, infertility, gynaecological cancer and pregnancy problems. We aim to provide a service that treats you as an individual and recognises your specific needs, as well as those of your partner and/or family. In providing you with this service, we work closely with other members of the health care team within the hospital and community.

Admission Procedure

You will be admitted to hospital on the day of your operation. The Perioperative Ward will advise you about the time to arrive at the hospital.

You may be asked to attend the Pre-admission Clinic a few days before your admission.

Before your operation, you may be required to have a blood test and possibly a chest xray and ECG. You will also be seen by a Nurse, the Resident Doctor and an Anaesthetist. This is a good opportunity for you to ask questions and let the nurse know of any worries that you may have about your stay in hospital or about going home.

If you take any medication or are using preparations such as eye drops, creams, patches or 'puffers', please bring them with you. This enables us to check them against medication that may be prescribed for you in hospital.

Pre-Operative Orders

Some types of surgery require special preparation before your operation. This will be ordered by your doctor and may include:

- antibiotic tablets
- bowel preparation
- suppositories or an enema

What to bring

- soap
- deodorant
- shampoo
- underpants
- nightdresses (preferably not long sleeved)
- dressing gown
- slippers
- brush and comb
- hairdryer
- toothbrush and paste
- sanitary pads
- reading materials, sewing, etc

Valuables

No responsibility will be taken by staff for any valuables that you choose to bring into the ward. A wedding ring is the only item of jewellery that may be worn to the operating theatre. We strongly recommend that any items of value (eg: electronic equipment such as mobile phones and laptops, rings, watches, earrings, chains, pendants, credit cards, and more than \$20 cash) be left at home. There is no provision for valuables to be locked away within the ward area.

Key Personnel

During your stay in the hospital, you may come in contact with some of the following members of staff:

- Ward Clerk
- Unit Manager
- Enrolled Nurses
- Student Nurses
- Medical Students
- Registrar
- Physiotherapist
- Social Worker
- Psychologist
- Dietitian
- Resident Doctor
- Registered Nurses
- Clinical Nurse Coordinator
- Clinical Nurse Consultant
- Clinical Nurse Specialist
- Student Enrolled Nurses
- "On Call" Medical Staff
- Occupational Therapist
- Registered Midwives
- Student Midwives

Expected Length of Stay

The following lengths of stay serve as a guide and may differ according to individual patients. Your doctor will tell you when you are able to go home.

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|---------------------------|------------|
| • Laparoscopic surgery | 1 – 2 days |
| • Vaginal surgery | 1 – 3 days |
| • Minor abdominal surgery | 1 – 3 days |
| • Bladder repair | 1 – 4 days |
| • Major abdominal surgery | 2 – 4 days |
| • Major vulval surgery | 2 – 5 days |
| • Cervical suture | 2 – 4 days |

Discharge – Day of Discharge

Before you leave the ward, please ensure that you have collected:

- all your belongings from your room
 - any xrays or scans that you brought into hospital with you
 - any necessary prescriptions or medication
 - a medical certificate (if you need one)
 - your follow up appointment
 - the discharge letter for your local doctor (GP)
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