

Fact Sheet

Hysterectomy- preparing for your surgery

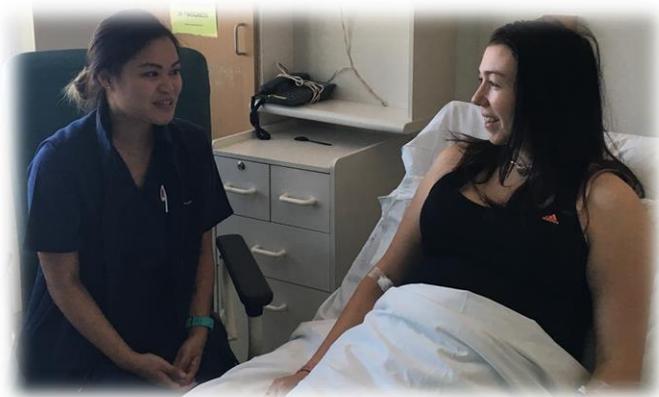
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The weeks before a big operation are busy and we know you will have a lot to do sorting out your family, work and other tasks. But it's important not to try and be superwoman.

Be realistic about what you can get done and let others help you if they can. Take the time to prepare physically and mentally for your surgery. Being in the best condition possible makes your recovery easier.

This information is designed to make your admission and day of surgery easier for you. Please read it carefully.

Most women will be asked to attend the pre-admission clinic (PAC) a few days before their operation. This is where we check that you are fit for surgery and answer any last-minute questions you may have. Some women will be admitted to the ward on the day of surgery.



Preadmission clinic (PAC)

- you will be given a letter and map to take with you to the pre-admission clinic
- the hospital will contact you with the date and time you need to attend pre-admission clinic or be admitted to the ward for the day of surgery
- at the PAC you will be seen by a nurse, an anaesthetist and a resident doctor who will check you to make sure you are fit for surgery
- please take any medications including pills, puffers, patches and creams with you so we can be sure that you will continue to have them prescribed while you are in hospital
- you will probably have some pre-admission tests done like blood tests, ECG (heart check) and X-rays of your chest
- you will be told how long before your surgery you should stop eating and drinking
- please do not smoke or drink alcohol in the 24 hours before your surgery.

Sometimes you will be given some special preparation to take the day before your surgery.

This could include:

- antibiotics
- bowel preparation (to clean the bowel before your surgery)
- suppositories or enemas (which empty the bowel before your surgery).

The preadmission clinic is a good place for you to ask questions and let the nurses and doctors know of any worries you may have about your surgery and your stay in hospital.

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What should I bring with me to hospital on the day of my surgery?

- all ultrasounds, x-rays and tests results that you have that may be important for this surgery
- any equipment you usually need, like walking sticks, eyeglasses and hearing aids
- night dresses (preferable without long sleeves), dressing gown, slippers and underwear. Remember to bring loose fitting clothes that will not rub on your skin below the belly button (umbilicus)
- toiletries including sanitary pads
- Something to read (books magazines) or sewing or knitting to do.

Please do **NOT** bring anything valuable with you. No jewellery other than a wedding ring.

Avoid bringing laptops or expensive mobile phones.

Please only bring a small amount of cash and no credit cards. The ward does not have the facilities to lock up your valuables securely.

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