

## Patient information

# Your Morning Surgical Procedure at Newham Hospital

### Date and Time of Arrival

- Your procedure will be on Friday \_\_\_\_\_
- Please arrive at 7.00am (your procedure can occur any time up until 12.30pm)

### Location for Procedure

- Forest Ward (Junction 10, First Floor)  
Newham University Hospital  
Glen Road  
London  
E13 8RU

### How to get there

- Travel by Bus – 262 or 473
- London Underground – Plaistow (District Line or Hammersmith and City)
- Forest Ward is at junction 10, first floor of Newham University Hospital. The closest entrance is the west entrance (same side as Emergency Department).

### Childcare

- Please arrange for childcare on the day of the procedure as children are not allowed to wait in the waiting area or clinical area.



## Escort

- You will need an adult escort to accompany you home following your procedure.
- Escorts are allowed to wait in the waiting room for Forest Ward but are not allowed into any clinical areas.
- The exception to this is if you are aged under 18, then an adult can remain with you in Forest Ward only.

## Food and drink prior to your procedure

- Your procedure will be under general anaesthetic.
- Please do not eat any food after 1.00am on the day of your procedure. You can have small sips of water only until 6.00am.
- Please avoid smoking for 24 hours before your surgery.

## What to bring

- Comfortable clothes.
- Your usual medications in original packaging
- Sanitary pads.
- **Do not** bring valuables or large sums of money to the procedure.

## Make up and Jewellery

- Remove all nail varnish, make up, jewellery and piercings prior to your procedure.
- Shower before your procedure.

## Procedure

- You will meet your surgeon and anaesthetist before your procedure once admitted onto Forest Ward
- You will be given medication before the procedure to prepare the cervix (neck of the womb) for the surgery.
- Your procedure will be under general anaesthetic (you will not be awake, will not feel pain and will not remember the procedure). This is carried out in the anaesthetic room.
- Your surgery will take 15 minutes and is carried out in the operating theatre after your general anaesthetic.
- You can be started on any **contraceptive** method either at the procedure or shortly afterwards – discuss these with your doctor if you have questions.
- After your surgery, you will spend some time in the recovery area coming round from your anaesthesia and then will be transferred back to Forest Ward.
- You can be discharged from Forest Ward once fully recovered and your escort can take you home.

## Side Effects

- Nausea and vomiting can occur due to the pre-medications we give. We can give anti-sickness medication if this occurs.
- Bleeding, which can last for up to 2 weeks.
- Crampy period pain which should be manageable with simple pain relief (paracetamol and ibuprofen).
- Drowsiness after general anaesthetic which should resolve within 24 hours.

## Risks

Infection in the uterus	Common <1 in 10		Damage to the uterus	Uncommon 1-4 in 1000
Retained pregnancy tissue	Uncommon 1-2 in 100		Excessive Bleeding	Rare <1 in 1000
Damage to the cervix	Uncommon <1 in 100		Damage to bowel or bladder	Very Rare 1 in 10,000

## Post Procedure

- Avoid alcohol and smoking for 24 hours.
- Do not drive, operate heavy machinery, or look after children on your own for 24 hours.
- Avoid using tampons and penetrative sex until after your next period.

## Emotional Support

- It is normal to have mixed feelings and emotions after your procedure. If you would like to speak to our counsellors, please arrange an appointment on 020 8223 8636.

## In Case of Emergency

Go to your local Accident & Emergency if you have any of the following symptoms:

Heavy vaginal bleeding	Smelly vaginal discharge
High temperature	Feeling chills or shivery
Redness in leg	Pain in your leg
Shortness of breath	Chest pain

## Cancellation of your procedure

If you need to cancel your procedure, please call CWHS as soon as possible on 020 8223 8636, or email [bhnt.thcash@nhs.net](mailto:bhnt.thcash@nhs.net)

- **Please include your full name, date of birth and date of your procedure in any enquiry.**
- **Please note that this is only for cancellations and not for clinical advice.**

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔!

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Leave feedback on NHS Choices [www.nhs.uk](http://www.nhs.uk)

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

[www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

**Reference:** BH/PIN/1233

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All our patient information leaflets are reviewed every three years.