

Information for patients and carers

Admission for Surgery

Gynaecology ward

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue color, transitioning from a light blue at the top to a dark blue at the bottom.

Gynaecology ward

The gynaecology ward is located on the first floor of the Sharoe Green Unit (maternity building) at the back of the Royal Preston Hospital site. The ward is an 18-bedded inpatient ward that cares for emergency and elective gynaecology patients. The unit also has a bay of day case trolley spaces.

The evening before your admission

Between 6pm and 7pm on the day before your surgery, please telephone the gynaecology ward on **01772 524231** to find out the time you need to arrive at the unit. The nursing team will also advise you of the time in which you should stop eating and drinking (starve instructions). Until that time, you should try to drink plenty of water and eat a healthy diet. It is important that you do not suck sweets or chew any gum from the time you have been instructed to stop eating and drinking. Please follow the instructions you have been given regarding food and drink, this is important to maintain your safety during an anaesthetic, if you do not follow these instructions, your surgery could be cancelled on the day.

The reason we ask you to call the evening before is to ensure the theatre order has been confirmed and that we don't bring you into hospital earlier than needed and you have the correct starve instructions. Please do not call before 6pm as we will not have had this information before then.

The day of your admission

You should take your morning medications as you were instructed at the pre-operative clinic, only stopping the medication that you have been specifically instructed too. If you cannot remember these instructions, please telephone the gynaecology outpatient pre-op nurses on **01772 524386** Monday – Friday 9am – 4.30pm. **Please do not leave this until the day before your surgery.** If you have not stopped a medication you needed to in time, it could cause a problem for your surgery so please do

not leave it until the day before your admission if you have forgotten your instructions.

If you are able, please have a bath or shower before coming to the ward. You may use soap or shower gel, but please do not use body cream/lotion, deodorant, talcum powder or apply any make-up. Please do not shave the operation site.

Please remove any nail varnish, false nails and piercings. Jewellery (except wedding rings) must not be worn. A wedding ring can be taped on the day of your surgery, but all other jewellery must be removed. Removing nail varnish and false nails is vital as we apply a probe to your fingers to monitor your blood oxygen levels whilst you are asleep. False nails and nail varnish can give false readings.

On the day of your surgery, if you have been instructed to, at or after 8am, please report to Sharoe Green Unit reception on the ground floor, at the time requested to check in. If your arrival time is before 8am, please go straight to the gynaecology ward instead. Please be aware that we are unable to accommodate relatives/visitors to wait on the ward whilst you have your surgery unless there are exceptional circumstances that have been agreed with the ward manager or nurse in charge prior to admission. Visiting information can be found below.

The ward aims to provide a streamlined service by avoiding the need to come into the hospital the day before your operation is scheduled to take place. The ward provides a comfortable waiting area where you can also receive any necessary pre-surgery care. It is important to be aware that you may spend between 2-6 hours in this area before being escorted to the operating theatre. The nursing staff will check your details and answer any questions. You will be seen by the anaesthetist and your surgeon before your operation, along with any other specialist teams if required. Before you go to theatre, you'll be asked to change into a theatre gown, and you may need to wear anti-embolism stockings if indicated.

After your operation you will be transferred back to the gynaecology ward unless you need specialist post-operative care from our high

dependency or other specialist surgical teams. Your nurse can advise you of this on the day of your surgery if you are unsure.

Most patients who are listed as day-cases (aiming to go home the same day) will most likely return to a trolley space rather than a bed space when they return from theatre.

Items to bring with you to make your stay more comfortable

It is important to be aware that any belongings or valuables brought into the hospital remain the responsibility of the patient. Please do not bring any valuable items or large amounts of money. Small lockers can be provided on your admission however our space is limited, so please only bring what is essential.

On the day of admission, please ensure that you bring **all** your current medication and the packaging in which they were dispensed in – this is very important.

Please bring any nightwear, underwear, dressing gown and slippers as you will need to wear our dressing gown and slippers when you're walking to theatre if you are able to do so.

We only have a small number of toiletries, it is recommended that you therefore bring a small number of personal toiletries, including shower gel, shampoo, toothbrush, toothpaste, sanitary towels or panty liners and a small hand towel. Bath towels will be provided. We also suggest bringing in some wet wipes to clean your hands before meals.

If you wear dentures, hearing aids or glasses, please bring these and their storage containers with you with your name on them if possible.

You may wish to bring any light entertainment such as newspapers, magazines, books etc. Electrical items such as iPads, laptops and Kindles can be brought in, however we are unable to take any responsibility for any loss or damages. Please ensure any charging

cables have no breaks in wires and are in good working condition. Your nurse will need to check the integrity of the chargers before you are able to plug these into the hospital electrical supply. There are bedside TV and telephone facilities. A payment card system operates and pay stations can be found near the unit entrance and the ward door. You may also wish to bring in a pen and small note pad to write down any information given to you by your doctor or nurse, or any questions you may have to help you to remember them.

Visiting

We always encourage patients to have visitors to help aid their recovery. It is important to note that this information is subject to change, often without notice due to issues out of our control such as infection prevention reasons. Please ensure you ask the nurse when you call the night before for your admission time of the current visiting arrangements.

In general, unless otherwise stated visiting times on the gynaecology ward are 2pm until 7pm Monday – Sunday. Your own children may visit providing that they are always supervised, however any visitors under the age of 18 **must** be accompanied by an adult whilst on the hospital premises. Friends' and relatives' children under the age of 12 years are not encouraged to visit and should be discussed with the nurse in charge before attending.

We understand that sometimes there may be extenuating circumstances and any visiting outside of the above is at the discretion of the ward manager or nurse in charge and must be agreed beforehand.

Visitors will be asked to use the hand gel provided at the ward door before entering and leaving. We ask that visitors use the visitor chairs provided and do not to sit on your bed or on any other bed for infection prevention and control reasons.

It is important that any visitors that have a cough, temperature, upset stomach, feel unwell or any signs of infection do not visit you in hospital

to protect your recovery and other vulnerable patients and prevent the risk to spreading infection. If unsure, they can telephone the ward for advice.

We also ask that visitors do not to pull the curtains round your bed whilst visiting. This is so that nurses can maintain observations on patients in the area, to ensure their safety and wellbeing.

Visitors will be asked to leave the ward during mealtimes as the hospital operates a protected mealtime policy. Visitors that are supporting the feeding of patients who need assistance will be able to continue to provide that support.

We also ask that your visitors follow any requests from the teams when asked to step out of the bay when we need to provide support such as personal care to you.

Contact details

Should you require further advice or information please telephone the gynaecology ward on **01772 524321** or **01772 524317**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

Follow us on social media @lancshospitals

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.**

Department: Gynaecology Ward

Division: Women & Children's

Production date: February 2024

Review date: February 2027

JR 1094 v1