



Royal Berkshire
NHS Foundation Trust

Before you come to hospital

Advice and information to help you
prepare for your hysterectomy

This information will explain how you can help to prepare yourself for surgery and also what to expect when you come into hospital for your operation. It is important that you feel able to take an active role in your treatment. Your surgeon will already have discussed your treatment options with you, including the risks, benefits and any alternatives.

General advice

- **Discharge planning** – Plan ahead for when you return home as you are likely to need some extra help for the first two weeks or so. Make sure your family, friends and any social support services know this.
- **Smoking** – You will be asked whether you smoke before you are admitted and if you do, you will be offered free nicotine replacement therapy as well as access to a tobacco dependency advisor. Help and advice are also available from Smokefreelife Berkshire – Tel: 0800 622 6360 or online at <https://www.smokefreelifeberkshire.com/> and most GP practices also offer help with smoking cessation.
If you can stop smoking before coming into hospital, it will make the anaesthetic safer and reduce the risk of complications such as infection and thrombosis (blood clots). **Please note that the Royal Berkshire NHS Foundation Trust is a smoke free and vape free site.**
- **Driving** – Please ask the nurse at your pre-operative assessment for general advice on when you can safely drive again following your surgery. This will depend on how well you recover, and your GP should be able to provide further advice. It is a good idea to check your insurance policy for conditions regarding driving following surgery.

- **Losing weight** – If you are very overweight, many of the risks of having an anaesthetic are increased. Reducing your weight will help. For more information, contact your GP or practice nurse, who will be able to advise you further.
- **Hormone replacement therapy or contraceptive pill (HRT/ Combined Contraceptive Pill)** – You do not need to stop taking HRT or combined contraceptive pill prior to your operation – continue to take this as normal.
- **Patients on Warfarin** – If you are taking Warfarin please ensure that your consultant is made aware so that your surgery can be planned accordingly. We will ask you to omit four doses of Warfarin before your operation. Information regarding your anticoagulant therapy both before and after your operation will be discussed fully during your pre-operative assessment.
- **Chewing gum** – We recommend you chew chewing gum from two hours after your operation and to continue doing so every two hours for 15 minutes until you pass wind. This is to reduce the risk of developing bowel complications (postoperative ileus). Please bring your own chewing gum with you.

Your pre-operative assessment

Prior to your surgery you will receive a letter inviting you to attend a pre-operative assessment appointment. This will include general health questions, recording your blood pressure, pulse, weight etcetera. Urine and blood samples may be taken. If you also require an ECG (heart tracing) or x-ray these will be carried out on the same day within the relevant departments (directions will be available from the nurse). If you wish your partner or friend to accompany you at your pre-operative appointment they are welcome to do so.

Nursing staff will discuss your pre- and post-operative care and there will be an opportunity to ask any questions regarding your stay in hospital.

Further information

If you would like to further information about having a hysterectomy, the following websites contain some useful information.

- www.nhs.uk/conditions/hysterectomy/Pages/Introduction.aspx
- www.netdoctor.co.uk/health_advice/facts/hysterectomy.htm

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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