

Gynaecology Minor Ops Clinic

The doctor has asked you to come to the gynaecology minor operations (ops) clinic. This leaflet tells you what to expect during your appointment. We will be happy to answer your questions when you visit the clinic. Feel free to discuss any questions or concerns on 0118 322 7191

Why have I been referred to the minor ops clinic?

This clinic is for minor gynaecology procedures that can be done with local anaesthetic; sometimes, no anaesthetic is needed.

Women usually go to the minor ops clinic if they need to have:

- A biopsy (including from the vulva, vagina, cervix or endometrium)
- A coil put in or removed. (***If you are expecting to have a copper coil fitted you will need to get this prescribed by your GP and bring it with you***)
- Removal of cysts or polyps
- Cautery to cervix
- Other minor procedures

****If you believe you are not suitable for a procedure in the outpatient setting please call us in advance to discuss your concerns or rearrange your appointment if needed****

What will happen at the appointment?

- There will normally be a doctor, a nurse and an assistant in the clinic.
- The doctor will confirm why you have been referred, what procedure is being offered and discuss the risks / benefits with you.
- Depending on the procedure, and your age, you may need to do a urine sample for a pregnancy test.
- You will be taken to a private changing area to take off your lower clothes and wear a hospital gown or wrap a towel around your lower half.
- The nursing staff will support you throughout the procedure.
- You will be given advice about aftercare depending on the procedure you have had.
- We send any tissue removed to the laboratory for assessment. The result will go to you and your GP normally within 3 to 8 weeks depending on the urgency.

What are the risks or potential complications of the procedure?

Minor ops are usually safe. Most procedures will carry a small risk of bleeding, infection or pain. Please contact the clinic or your GP if you experience any complications afterwards.

How should I prepare for my minor ops appointment?

Before your appointment:

- **Pain relief:** Take simple painkillers like paracetamol or ibuprofen 1-2 hours before your appointment.
- **Eating and drinking:** Eat and drink as normal before your appointment.
- **Clothing:** Come to the clinic in clothes that are comfortable and easy to change out of.
- **Period:** Most procedures can be done even if you are on your period. Please get in touch if you are unsure or concerned.
- **Sanitary pads:** Bring a sanitary pad to use after the test in case of bleeding.
- **Accompaniment:** You can come to the clinic on your own or bring a partner, friend or relative.
- **Pregnancy:** Some procedures can still be done if you are pregnant, but if it is not urgent it may be best delayed until afterwards. **If you are pregnant, please contact the clinic (telephone number on back of this leaflet) before your appointment for further advice.**

What should you expect following your appointment?

- **Recovery:** You can do most normal activities directly after the appointment.
- **Driving / work:** You can drive and even return to work on the same day.
- **Other activities:** You may need to avoid swimming, internal sanitary wear, sex or baths for 1-2 weeks after the procedure but your healthcare professional can advise you about this.
- **Stitches:** If stitches are used these will normally dissolve over 2-4 weeks.

Contact us

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

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

C Marsh, Consultant in Obs and Gynae, October 2023
Next review due: October 2025