



Saint Mary's Hospital Gynaecology Service

Welcome to the Gynaecology Unit

Information for patients undergoing surgery

Ward 62 is situated on the second floor
through Saint Mary's main entrance.

Welcome to Ward 62

Ward 62 is a gynaecological ward caring for patients undergoing major surgery and day surgery, patients having investigations and emergency patients. Ward 62 is open 24 hours, 7 days a week.

Undergoing surgery is always an anxious time for patients and their families. Whilst we may not be able to take away all your worries and concerns, we will do our best to help alleviate any anxieties, and answer any questions you may have.

Our aim is to try and ensure that the day goes as smoothly as possible. With that in mind we thought it might help to explain a little bit about what happens on the day and what you can expect.

What do I need to do before coming into hospital?

Please ring the ward the evening before your planned admission date to check there is a bed available and to confirm your arrival time. Patients scheduled for the morning list will be required to arrive at 7.00 am in order to see the consultant and anaesthetist before they begin the theatre list. Patients scheduled for afternoon surgery will be required to arrive at 10.00 am.

Please note that failure to arrive on time may result in your surgery being delayed or even cancelled.

Please ensure you have arranged transport home and overnight care following your discharge from hospital. If you have any difficulties with this please inform us before your admission. If you experience any health problems before surgery, such as coughs, colds or a change in your condition, please contact the pre-op nurses or the ward for advice to prevent last minute cancellations on the day. The numbers are given on page 7 of this booklet.

If you are undergoing day surgery, please be aware that there is a possibility that you may need to stay overnight. This may happen if you experience any significant pain or nausea following surgery, or if your surgery has been delayed, resulting in you returning to the ward late. Please prepare for this by bringing an overnight bag and ensuring that you have made provision for any responsibilities you may have at home, such as childcare or pets.

What should I bring in with me?

Please bring a bag including:

- dressing gown
- slippers
- wash bag
- towel
- sanitary towels
- night clothes

There is limited storage on the ward and we aim for a clean tidy bed area so please leave unnecessary items at home.

Please leave all valuables at home, including all jewellery. All personal belongings you do bring in will be your own responsibility as there is nowhere to store any valuables on the ward. This includes purses, mobile phones and ipods. You may wish to give these to a relative/friend for safekeeping whilst you undergo your operation.

All make-up and nail polish should be removed prior to admission as nail polish can interfere with obtaining accurate observations in theatre.

Medications

Please bring all medications that you are currently taking with you. This includes tablets, capsules, liquids, creams, inhalers and herbal remedies. Bring medications in their original packets so we can easily identify them. You may be required to take some of your medication before your surgery; this will be decided on admission by the medical staff.

Your length of stay will be discussed at your Pre-operative (pre-op) appointment and re-confirmed with your nurse on admission. If you have any special requirements, such as dietary needs or social services involvement, please speak to your nurse at your pre-op appointment and on admission.

What will happen when I arrive and where do I go?

Please report to Ward 62 reception desk in Saint Mary's Hospital on the second floor. You will be asked your name and shown where to wait.

Please note: You may arrive earlier than other patients but if those patients are due to have surgery before you, they will be seen first. We apologise for any inconvenience this may cause but it is necessary for us to see patients in the correct order to ensure theatre lists start on time.

Before going to theatre you will be seen by the nursing staff, doctor and anaesthetist, who will ensure that it is safe to proceed with your surgery. Please inform us if there have been any changes in your details, or health, since your pre-op appointment. The operation and your plan of care will be explained to you again. Please feel free to ask any questions to ensure that you fully understand what will happen.

Please give your own medications to the admitting nurse who will ensure these are safely locked away at this point. You will be prescribed any other medications that you may require whilst you are in hospital.

Afterwards we will ask you to sit in our dedicated Admissions Lounge.

Depending on when your operation has been scheduled, this may mean waiting throughout the morning or afternoon. Please note that you will not be allocated to a bed until after your operation, unless you require pre-operative intervention. A television is available but you may like to bring something else to help pass the time, such as books or magazines.

You will be asked to change into a theatre gown and put on some anti-embolic stockings which we will provide.

You must remove all underwear (paper panties can be provided). You will be required to wear a dressing gown and slippers.

Your belongings will be transferred to the ward when you leave for theatre.

When it is time to go for your operation, a theatre practitioner or the admission nurse will escort you directly to theatre. Your relative/friend may accompany you into the theatre reception waiting area.

On arrival in the theatre bay, you will be shown to the changing area where you will be asked to change into a theatre gown and put on some anti-embolic stockings which we will provide. You must remove all underwear (paper panties can be provided). You will be required to wear a dressing gown and slippers. Your belongings will be stored in a locker in theatres and transferred to the ward when you leave the theatre.

You will wait with other patients in our theatre bay before being called through for your procedure. A television and magazines are available in this area.

After your surgery you will be taken to the theatre recovery area and once you are sufficiently recovered, you will be transferred to Ward 62 for on-going care.

At what point will I be allowed home if I'm having day surgery?

Before being allowed home you must have satisfied the following discharge criteria:

1. Tolerated something to eat and drink.
2. Passed urine.
3. Pain and nausea must be minimal.
4. You must be able to mobilise independently.
5. If necessary, be reviewed by a doctor.

Will I go home with any medications?

Depending on your surgeon's instructions we may provide medications for you to take home. You will be instructed on how to take them and will not have to pay for them.

Simple pain relief such as Ibuprofen and Paracetamol would not be provided and you should ensure that you have a supply at home before coming into hospital. These medications can be obtained from your local pharmacy or supermarket.

We will return your own medications to you but will not provide further supplies of these. These must be obtained from your GP.

Will I need any follow-up?

If your doctor wishes to see you again, they or the nurse caring for you will let you know. An appointment would normally be sent out to you in the post. All patients will be given a discharge letter when going home and a copy will be sent to your GP to advise them of your admission.

GP Letters/Sick Notes

Please note that you can self certify sick for up to 7 days. You do not require a doctor's note; a proof of admission will be sufficient. However, if you do require a sick note for longer than 7 days, please inform your nurse on admission.

We routinely send your GP a letter informing them of your admission/surgery or management/findings and, if applicable, planned follow-up. Please inform your nurse if you do not wish us to contact your GP about your admission. A copy will be kept in your medical records.

Transport home – day surgery patients

Having a general anaesthetic or sedation can affect judgement and concentration; therefore you will require an escort home. This person should drive you or accompany you in a taxi. Public transport is not recommended and we cannot take responsibility for your welfare should you choose to use public transport or go home alone.

You will also require a responsible adult (aged 16 or over) to stay with you overnight with access to a phone in case of an emergency.

If you require ambulance transport please inform us at your pre-op appointment and on admission.

Driving and travel

Although it is usually advisable not to drive for at least 24 hours following a general anaesthetic or sedation, we recommend you check with your individual insurance company with regards to this matter. We also advise you not to drive until you can comfortably wear a seatbelt and feel able to make an emergency stop.

If you are due to travel shortly after your surgery, we advise you to check with your holiday insurance providers prior to travel to ensure you are covered.

Contact numbers:

Ward 62 (open 24/7): 0161 276 6105 0161 276 6410
 0161 276 6517 0161 276 0048

Pre-op nurses: 0161 701 0387 or 0161 701 0682
7.00 am-4.00 pm, Monday to Friday

Visitors

Visiting times on the ward are:

2.00 pm-4.30 pm and 6.00 pm-8.00 pm

Please understand that most of our patients will have undergone surgery so will need quiet time to recover. We therefore ask that you keep visitors to a maximum of 2 at any one time. It is also advisable not to bring children to visit. We ask that you kindly respect this decision as it was made for the benefit of all patients.

Please note: Infection control is extremely important to us. All visitors are asked to clean their hands thoroughly on entering and leaving the ward areas using the alcohol gel pumps provided. Please also feel free to challenge any member of staff who has not cleaned their hands before caring for you.

Smoking

Smoking delays recovery and not smoking for at least 12 hours before your operation may benefit you. If you do smoke and wish to quit contact your GP or inform us at your pre-op appointment. We can provide you with a Nicotine Replacement (NRP) starter kit and provide numbers for smoking cessation help groups. Manchester Stop Smoking Services can be contacted on -0161 205 5998 (www.stopsmokingmanchester.co.uk).

Car Parking

There are two car parks available to use within easy walking distance to the main entrance of Saint Mary's Hospital.

Hathersage Road Multi Storey Car Park – This facility is situated on the corner of Hathersage Road and Upper Brook Street, has more than 1,600 spaces available. Access is from Hathersage Road and there are 70 spaces available on the ground floor reserved for disabled badge holders. A Pay on Foot system is operated within this car park.

The following tariff applies to all our car parks:

| | |
|--------------------|--------|
| 0-30 minutes | Free |
| 30 minutes-3 hours | £2.50 |
| 3-6 hours | £5.00 |
| 6-24 hours | £15.00 |

Disabled badge holders are allowed to park free of charge when displaying a valid badge. If all disabled spaces are full disabled badge holders are allowed to park in any normal car park space free of charge.

Relatives of Intensive Care/High Dependency Unit patients
– **No Charge.**

Frequent Attenders (three or more times a week)
– **No Charge.**

Relatives of long stay patients
– **No Charge.**

If your visit has gone over 6 hours, you will be charged the £5 rate if you speak to a member of Security staff at the car park before paying and have proof of your appointment or attendance.

Terms and Conditions

All patients and visitors are advised that the Trust cannot accept responsibility for any vehicles parked on hospital grounds or on any Trust Car Park, nor for any property brought into the Hospital or left in any vehicle.

You must ensure that you park in a dedicated car park bay only. No vehicles are allowed to park on double yellow lines or on pavements, grass verges etc. within the hospital site or in any area marked 'No Parking', this includes Blue Badge Holders.

Hospital Shuttle Bus

The 147 bus which travels from Manchester Piccadilly Rail Station via the Universities to the Trust every 10 minutes throughout the day acts as a Shuttle Bus around the site. For further details: www.route147.co.uk

Chaplaincy

We have our own chaplaincy service; some people find that a visit from a Chaplain is helpful whilst they are in hospital. If you would like a visit from the hospital chaplaincy team or information on Sunday services please ask a member of staff during your hospital stay. All denominations and faiths are catered for in the hospital please ask the nurse for advice on services and facilities.

Zero Tolerance Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

Please use this space to write down any questions or concerns you may have.

A series of 25 horizontal dotted lines providing space for writing.

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on
Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك

اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员, 请要求我们的员工为你安排



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