

## Gynaecology

# Instructions for Gynaecology patients following a General Anaesthetic

The anaesthetic drug remains in your body for 24 hours, and during this time it is gradually secreted from the body. During this 24 hour period you are under the influence of this drug, which can temporarily affect your co-ordination and reasoning skills. As a result there are certain things you must not do. These include:

- Do not drive a car or any form of motorised transport, or bicycles. You will need to get someone to drive you home.
- Do not drink alcohol
- Do not operate any machinery or electrical appliances, this includes using a kettle or saucepan
- You should not lock the bathroom or toilet door or in any way make yourself inaccessible to the person looking after you
- Do not sign any legal documents for 48 hours afterwards

## Returning home

- You must have someone to stay with you for 24 hours
- You should drink plenty of fluids
- A light diet should be taken
- We advise you go to bed or lie on the settee for the rest of the day
- Have a lie in the next day
- It will take two or three days before the anaesthetic wears off and you may feel tired for up to a week with occasional lapses of concentration. Avoid violent exercise and rest as much as possible



## Patient Information

### Temporary side effects

After having a general anaesthetic, you may experience the following for a couple of days:

- Sore throat
- Nausea
- Confusion
- Headache

**If any of these symptoms are severe or do not settle please contact  
Ward 23 (Gynaecology) for advice Telephone:  
024 7696 7000**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact Ward 23 on 024 7696 7000 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

#### Document History

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