

Patient Information

Gynaecology Suites

Outpatient Procedure Clinic

You have been invited to attend for treatment as an out-patient

This may be for:

- An endometrial ablation
- MVA

Please attend the clinic at 08:00am if you have a morning appointment and 1.00pm for an afternoon appointment. This will give the nurse time to:

- Complete the nursing admission process
- Answer any questions you may have
- Administer medication, in the form of oral medication and suppositories (a tablet that is placed in the bottom) for pain relief
- For you to sign a consent form

Where do I come to?

Come to Ward 23 Gynae Suite.

Ward 23 is in the central part of the new University Hospital Coventry and Warwickshire (UHCW). Ward 23 is on the 2nd floor and can be easily located if you enter the hospital through the main rotating glass doors at the front of the hospital. If you then take a left turn at the shops which face you as you enter you will see lifts on the on the right. Go to the 2nd floor and Ward 23 is on the right about 100 metres after you come out of the lift. There is a reception area on Ward 23 and the nurses will be expecting you. Car parking can be difficult so please allow plenty of time to find a space.

You may bring someone with you or you can be dropped off.



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Points to remember

- Please ensure you have a light meal prior to procedure
- Please avoid sexual intercourse for 5 days prior to procedure

What do I need to bring with me?

An overnight bag; very rarely and only if the nurse or doctor considers it necessary, you may need to stay in hospital overnight for observation.

During the procedure

You will be asked to change into a theatre gown and remove any lower garments. You will then be taken into a room where you will lie on a special examination couch; the consultant will perform the procedure with a nurse present.

During the treatment, which takes about five minutes, (depending on the specific procedure) you may experience cramping and/or abdominal discomfort. Please inform your nurse if this occurs so that you can be given further pain killers. The combination of drugs given to you may make you feel drowsy.

You will need to stay in the department for one or two hours or until clinically well. Following this procedure you will need a relative or friend to take you home. You will also need someone to stay with you for the first 24 hours after the treatment.

Please ensure that you follow the instructions below for the first 24 hours after the ablation treatment:

Do not

- **Drink alcohol**
- **Drive**
- **Lock the bathroom or internal doors**

Returning to normal daily activity

- You may eat and drink normally, however; alcohol must be avoided for 24 hours.
- Once you are home you may feel very tired for a few days. This is quite normal and **you will need to rest.**
- Do not lift heavy objects, swim or undertake any vigorous exercise until the bleeding settles which will take approximately two to three weeks.
- You should not drive or use any electrical equipment for 24 hours as you may still be affected by some of the drugs that are used during the procedure.
- You may resume normal activities after 24 hours.
- Avoid sexual intercourse for at least four weeks or until the bleeding settles, in order to minimise the risk of infection.

Pain/Discomfort

You may experience lower abdominal pains during the first couple of days. You will be given some pain killers to take home for the discomfort; **do not take additional pain killers along side these tablets.** Please inform nursing staff if you have any allergies or sensitivities to any drugs. There are no stitches or scars to the abdomen.

Medication

Medicines play a vital role in your recovery. They help to avoid further problems and control symptoms. You will be informed whether you need any medications to take home and will be provided with sufficient supplies. We will explain your medications to you, identify potential side effects and discuss with you how to obtain further supplies.

General Points to Remember

- If you take regular medicine, do not stop it suddenly. Your body needs time to adjust to managing without it.
- It is important to take your tablets regularly.

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- Painkillers are usually better at preventing pain, and not so good at dealing with severe pain. If you experience some troublesome pain, it is better to take painkillers sooner than to wait until the pain is really bad
- Follow the directions given to you by the healthcare professional or directed in the information leaflet supplied with the medication
- Do not take double doses if you forget to take your medication, take your normal dose when this is due
- If side effects are a problem, contact your doctor as soon as possible.
- It is a good idea to carry a list of your medicines with you. If your doctor or dentist wants to prescribe something for you, they can check your list of current medicines. Show your list of medication at each consultation or treatment.
- Always let the pharmacist know what prescribed drugs you are taking if you buy anything over the counter

Vaginal bleeding

You should expect some vaginal bleeding. This should not be heavier than a normal period. The bleeding may last longer than a normal period as it takes some time for the lining of the womb to heal. If it continues for more than three weeks contact your GP for advice. Please do not use tampons for at least six weeks after the procedure, to reduce the risk of infection.

Vaginal discharge

It is normal to have a clear, watery healing discharge that can last for a couple of weeks. If this becomes offensive smelling or its appearance alters please contact your GP. To reduce the risk of this occurring we will prescribe you prophylactic antibiotics, please ensure that you complete the course. Should you experience any side effects, stop the antibiotics immediately and seek medical advice.

Bathing

It is advisable where possible to shower rather than bathe for two weeks following the procedure.

Returning to work

We would advise you to take a few days off work, you may need more time off depending on the type of work you do. Please ask for advice if you are not sure. Please remember to ask for a sick note **before** you are discharged home if one is required and this will be arranged for you.

Further hospital visits

Follow up is not usually necessary. If the specialist wishes to see you again in the hospital, an appointment letter will be given to you either before you go home or it will be sent to your home address.

The nurses from the unit may phone you in the next few days following the procedure to check all is well.

When you get home

If you have:

- Excessive vaginal bleeding or greenish vaginal discharge
- Abdominal pain that is not controlled with pain killers
- High temperature (fever) of 38 degrees or above
- Severe nausea or vomiting
- Very fast heart rate, shortness of breath or dizziness
- Poor urine output

Please seek advice from Ward 23 –Tel: 024 7696 7000

Advice is available 24 hours a day

If you have any further concerns or queries please contact us on 024 7696 7222 Monday to Friday 8.00am to 5.00pm, or leave a message on the answering machine and we will call you back.

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 7222 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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