

Patient Information

## Gynaecology

# Outpatient procedure clinic

You have been invited to attend for treatment as an outpatient. This may be for:

- an endometrial ablation
- MVA

### 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 2<sup>nd</sup> floor and can be easily located. Enter the hospital through the main rotating glass doors at the front. Then, take a left turn at the shops which face you as you enter. You'll see lifts on the right.

Go to the 2<sup>nd</sup> floor. 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 at the hospital can be difficult. Leave plenty of time to find a car parking space. You can bring someone with you or you can be dropped off.



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### **Before the procedure**

Make you have a light meal before the procedure.

Avoid sexual intercourse for 5 days before the procedure.

### **During the procedure**

We'll ask you remove your lower garments or change into a gown. We'll then take you into the examination room and ask you to lie on an examination couch.

The consultant will perform the procedure with a nurse present.

You may experience cramping and/or abdominal discomfort. Please inform the nurse if this happens so you can be given more pain relief. The combination of drugs given may make you feel drowsy.

The procedure takes about 40 minutes.

### **After the procedure**

After this procedure, you'll need a relative or friend to take you home. You'll also need someone to stay with you for the first 24 hours after treatment.

Please make sure that you follow the instructions below for 24 hours after the ablation treatment.

#### **Do not:**

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

### Returning to daily activity

- You may eat and drink as usual. Do not drink alcohol for 24 hours.
- Once you're home you may feel very tired for a few days. This is quite normal and you'll need to rest.
- Do not lift heavy objects, swim, or undertake any vigorous exercise until the bleeding settles. This'll take about 2 to 3 weeks.
- You may resume your usual activities after 24 hours.
- Avoid sexual intercourse for at least 4 weeks or until the bleeding settles to minimise the risk of infection.

### Pain

You may experience lower abdominal pains during the first couple of days.

Please inform nursing staff if you have any allergies or sensitivities to any drugs.

### Medicines

Medicines play a vital role in your recovery. They help you to avoid more problems and control any symptoms.

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

Painkillers are usually better at preventing pain, and not so good at dealing with severe pain. If you experience some troublesome pain, taking painkillers sooner is better than waiting until the pain is really bad.

It's a good idea to carry a list of your medicines with you. If your doctor or dentist wants to prescribe something, they can check your list of current medicines. Show your list of medication at each consultation or treatment.

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Always let the pharmacist know what prescribed drugs you're 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 time for the lining of the womb to heal.

Tell your GP if the bleeding continues for more than 3 weeks.

Do not use tampons for at least 6 weeks after the procedure.

### **Vaginal discharge**

It's 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.

### **Bathing**

It's advisable to shower rather than bathe for 2 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're not sure.

### **Further hospital visits**

Follow-up is not usually needed. 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 after the procedure to check all is well.

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### When you get home

Call Ward 23 on 024 7696 7000 if you have:

- excessive vaginal bleeding or greenish vaginal discharge
- abdominal pain that is not controlled with painkillers
- high temperature (fever) of 38°C or above
- severe nausea or vomiting
- very fast heart rate, shortness of breath or dizziness
- poor urine output

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 8am to 5pm. Or leave a message on the answering machine and we will call you back.

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.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

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