

Department of surgery

Same day discharge following gynaecological oncology keyhole surgery

You have been given this leaflet because your operation can be performed as day surgery. We want to help you prepare for your operation and let you know what you can expect to happen on the day.

What is day surgery?

Day surgery is when you are admitted to hospital, have your operation and are discharged on the same day. Your suitability for day surgery will have been discussed with you at your outpatient consultation. Day surgery allows for a quicker recovery with less disruption to you and your family life. It also reduces the risk of hospital acquired infections.

What to bring in

- Medications (including inhalers, creams, eye drops and insulin).
- Glasses and hearing aids.
- Contact details of whoever will be collecting you on discharge.

You may want to bring a book or magazine in case you have to wait. Please wear loose fitting and comfortable clothing. Please do not bring any valuables or large sums of money as we cannot accept responsibility for these items.

What will happen on the day of surgery?

You will be asked to attend the day of surgery admission unit (DOSA) at the time specified on your admission letter. You will see a doctor, the anaesthetist and the nursing staff who will look after you before your surgery. You will be given a surgical gown and a pair of compression stockings to change into. You may be given an enema to clear your bowels. When the surgical team are ready for you, you will walk through to theatre.

When you wake up after your surgery you will be in the recovery room. You will remain there for approximately 1 hour. The anaesthetic recovery staff will check that all of your vital signs are within a normal range. They will make sure that you are comfortable and will help to control any nausea. It is normal for the surgeon to insert a catheter during the procedure; this will be removed before you leave the recovery room.

From the recovery room you will be taken to the Integrated Procedures Unit (IPU) to continue your recovery. You will remain here until you are ready to go home. Once you are fully awake, you will be offered something to eat and drink. You will be assisted to get out of bed and take a short walk.



Before you are discharged home the nursing staff will do a number of checks. They will make sure:

- You are fully awake and recovered from the anaesthetic
- Your vital signs are within a normal range for you
- You have passed urine
- You have had something to eat and drink
- Your pain is managed to an acceptable level
- If you experience nausea, you have been given medications to treat it
- You are mobilising safely and independently (or are back to your baseline level of mobility)

In exceptional circumstances, surgery may be prolonged or complicated meaning you may need to stay overnight in hospital. If this is the case you will be transferred to the surgical oncology unit (department 4).

Discharge

When the nurses are happy to allow you home, you can contact whoever will be collecting you.

You must ensure that you have someone to collect you; you must not go home in a taxi or by public transport.

You must also ensure that you have a responsible adult that can support you at home for at least 24 hours.

You will be given your discharge paperwork including postoperative advice and your take-home medications.

You will be followed up with a telephone call within 24 hours of discharge to see how you are recovering at home.

Things to expect

- You may experience pain around your abdomen. We recommend that you take the painkillers provided regularly for at least the first 2 days after your surgery so that you are comfortable enough to engage in your daily activities.
- You may experience pain in your shoulder tip; this is common after keyhole surgery and is normally due to trapped air. Walking around regularly and peppermint tea can help to ease this pain.
- You can expect some bleeding from your vagina for up to 2 weeks and so we recommend that you wear a sanitary pad. If you soak a sanitary pad within 2 hours please contact The Christie Hotline on **0161 446 3658**.
- You may feel nauseous in which case you will be given anti-sickness tablets to take home with you.
- You may become constipated so you will be given laxatives to take home. We recommend you take these until your bowels are moving regularly.

Should you have any symptoms that you are concerned about whilst you are recovering at home please contact The Christie Hotline on **0161 446 3658**.

For more information on your operation and your recovery please refer to the 'Laparoscopic Hysterectomy for Endometrial Cancer' information booklet.

Notes:

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week