

Discharge advice for patients having had an endometrial ablation

Gynaecology Department Patient Information Leaflet

Introduction

The nursing staff wish you a speedy recovery following your operation, and listed below is some advice we feel you may find useful. However, please remember that everyone is individual and recovers differently following surgery – it is quite normal to feel tired and weak for several days, but if this persists, please contact your general practitioner (GP).

Pain

You may experience period-type cramping in your lower abdomen for a day or so after your operation. You will be provided with painkillers to take, however most women will not need to take painkillers after 48 hours of having the operation. It is a good idea to have some simple pain relief such as paracetamol at home just in case.

Some painkillers that contain codeine or dihydrocodeine can make you sleepy and constipated. If you need to take that medication, try to eat extra fruit and fibre to reduce the chance of becoming constipated. Take care to read the instructions and only take the prescribed / recommended amount.

When you should seek medical advice

You should seek medical advice or contact your GP if:

- You are feeling unwell.
- Your pain is excessive or across your lower abdomen, especially if you also have a temperature (fever).
- If your painkillers do not relieve your pain.
- If you experience stinging and burning when you pass urine.
- If you are passing urine more frequently.

Starting eating and drinking

If you have had a general anaesthetic, once you are awake, you will be offered a drink of water or cup of tea and something light to eat before you go home. If you have had a local anaesthetic, you will usually be able to eat and drink as normal following your operation.

Tiredness

You may feel much more tired than usual after your operation as your body is using a lot of energy to heal itself. A short nap may help you to recover your energy. Your energy levels should return to normal after a few days, especially if you no longer have heavy periods.

What can help you recover?

Eat a healthy, balanced diet

Ensure that your body has all of the nutrients it needs by eating a healthy, balanced diet including foods high in fibre, such as fruit and vegetables.

Stop smoking

Stopping smoking will benefit your health in a variety of ways.

Starting to exercise regularly

If you are not doing so already, exercising regularly and gradually building up the levels of exercise that you do will also help.

Vaginal bleeding

You can expect to get some bleeding or watery discharge for about two weeks, however this can sometimes last for up to one month. Over the next few months you may also experience some irregular bleeding. During this time, you should use sanitary towels, not tampons, to reduce the risk of infection.

You should contact your GP if your bleeding / discharge becomes heavy or smells unpleasant.

Sex and contraception

Do not resume having sexual intercourse until any vaginal bleeding has stopped and you feel ready and comfortable to do so.

It is unlikely that pregnancy can happen after the operation. The reliability of the operation in preventing the conception is unknown. For this reason, it is important that permanent provision is made for contraception.

At home

You may feel slightly tired for the first few days after your operation, so it is a good idea to plan to have some support with normal activities such as shopping and childcare. Most women are able to continue to do every day domestic activities within days.

Returning to work

You will need at least 48 hours off work. Everyone is different, but the average time off work is around one week. A sick note will be given to you prior to discharge if required. You can self-certify for seven days.

Driving

It is advised that you do not drive for 48 hours following a general anaesthetic. Your reactions will be dulled, so you should avoid doing anything important that requires a lot of concentration.

Follow up

Follow up will be sent in the post to you for.....time

It has been made for.....at.....am/pm

Further information

If you have any other queries, or if there is anything you do not understand, please do not hesitate to ask a member of staff prior to discharge. Once again, the staff of B5 would like to wish you a speedy recovery.

References

Royal College of Obstetricians and Gynaecologists (RCOG) -
Endometrial Ablation Recovering Well Patient Information Leaflet

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Ward B5 on 01384 244359

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/obstetrics-and-gynaecology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔