

A guide to Having a procedure

About your hospital admission

At London Gynaecology, we understand that having a procedure can be a worrying time. Our highly experienced consultants see patients for many gynaecological conditions including surgical procedures. We have admitting rights to leading and established private hospitals and the choice of hospital will be dependent on the surgical procedure, date, your consultant and any preferences you may have. Working with a number of different hospitals means your procedure can be swiftly arranged at the location that is most convenient for you and where this can be performed by the specialist team.

Your consultant will have discussed details about your surgical procedure with you during your consultation and the reasons for this.

Pre-Admission

You will be contacted by the hospital prior to your admission to complete a pre-admissions health assessment and patient registration form.

During this assessment, you will be asked questions about you, your health and medical history to ensure that any medical issues can be identified, and ensuring a smooth treatment pathway.

You may be required to self-isolate prior to your admission for a period of time prior to and after your procedure, you may also need to be tested for COVID-19.

What to bring with you

All the hospitals have en-suite rooms filled with home comforts such as complimentary wi-fi, satellite television, a telephone and a catering service.

We recommend bringing the following with you:

- Comfortable clothes to wear after your procedure
- Books, magazines and other things to occupy yourself
- Any personal medication
- Mobile phone (although, in some areas of the hospital, using a mobile phone is not allowed)
- Chargers for phones and gadgets

For overnight stays:

- Toiletries, hairbrush, toothbrush and toothpaste (aerosols can only be used in bathrooms due to fire alarm sensitivity)
- Slippers and nightwear
- Change of underwear

What not to bring with you

We recommend you do not bring any of the following with you:

- Valuables like jewellery or unnecessary cheque books or bank cards (the hospitals will not assume liability for these)
- Please remove false nails and nail varnish
- Large amounts of food
- Large sums of cash

If you need to bring certain valuables into the hospital, please make sure that you are fully covered by your own insurance.

What to wear on the day of admission

Loose, comfortable clothing and flat, closed-toe shoes.

Fasting

Depending on your procedure, you may have been asked to fast before this is performed. Fasting means not eating or drinking for a certain amount of time and is usually necessary for surgical procedures involving a general anaesthetic, which means you'll be asleep.

If you are undergoing a general anaesthetic or sedation, you will need to have an empty stomach before your procedure. Please follow the guidelines below unless you have been given specific instructions by your consultant.

- Stop solid food or milk six hours before your admission time. (This includes chewing gum and sweets).
- You can drink water and take prescribed medicine up to one hour before your admission
- Do not drink alcohol or smoke for at least 24 hours before admission
- Eating or drinking after the recommended times can delay or cancel your surgery

What to do when you arrive

Please report to the hospital main reception when you arrive. You will be asked some personal details such as name, next of kin, etc.

You will also be asked about any insurance details if you are covered with an insurance company for the procedure.

A member of the hospital team will complete the admission process with you. Please mention any special requirements you may have, such as disabilities or dietary requirements.

You will be shown to your room by the admissions team who will explain your individual care plan and show you the facilities.

A nurse will visit you in your room to make sure that you're settling in okay. They'll also take your medical history, temperature and blood pressure. If you've brought any X-rays or medication with you, please give these to your nurse. And please let them know if you have any allergies.

Your consultant and anaesthetist will see you before the procedure so you will have an opportunity to ask any questions.

If you have special dietary requirements

If you follow a particular diet, for religious or other reasons, meals can be adapted to suit your needs. Please discuss this with the pre-admissions team who will inform the necessary team or provide you with details of the catering team for the hospital.

What to expect during your stay

Your London Gynaecology consultant who arranged your admission will oversee your clinical care throughout your stay and along with your nurse will be on-hand to answer any questions you have.

You can also expect:

- Access to a qualified doctor, 24 hours a day
- Access to intensive care specialists, 24 hours a day
- Nurse specialists to provide pre and – post procedure care and support
- Fully-trained ward nurses
- On-site pharmacists

Practising at the following locations:

– THE PORTLAND HOSPITAL
212 Great Portland Street
London W1W 5QN

– CITY OF LONDON
15 Austin Friars
London EC2N 2HE

To book an appointment please contact:

020 7101 1700 (24hrs)

contact@london-gynaecology.com

London Gynaecology is a first class private gynaecology practice, led by a team of leading consultant gynaecologists. London Gynaecology offers daily services across London.

For further information about our other services please visit:

www.london-gynaecology.com

www.london-colposcopy.com

www.london-fibroids.com

www.london-earlypregnancy.com

www.london-fertility.com

www.london-menopause.com

www.london-womenscancer.com

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Need an interpreter?

If you require an interpreter during your visit, please contact the hospital pre-admissions team before you arrive and they will arrange one for you.

What happens when you leave

If you are having day surgery, your consultant and nurse will be able to advise an approximate time of discharge once you have arrived, day surgery patients are discharged after fulfilling certain recovery criteria. Whether you are seen for a day case or overnight stay, ideally someone should accompany you home, or if not possible you should take an uber/taxi, and not the tube.

When at home:

- Do not drive or operate machinery for 24 to 48 hours after a general anaesthetic
- Arrange help when bathing or showering as you may feel lightheaded
- Follow advice when taking medication, including painkillers
- Avoid making important or legal decisions for 24 hours
- At least for 12-24 hours, have someone with you if you have a child dependant on you.
- Drink plenty of water, eat light meals, do not drink alcohol for at least 24 hours
- You may be required to self-isolate after your procedure, please check this with the hospital.

For self-funding patients, hospital accounts may need to be settled prior to leaving. The hospital will discuss this with you.

Care following your procedure

Your consultant will oversee your care therefore any measures needed at home will be discussed with you by your consultant and nurse. If you experience any pain/symptoms following your procedure that was not discussed during your stay, please contact your consultant or the ward for advice.

All surgical patients are required to have a follow up consultation with their consultant at London Gynaecology post your procedure to ensure your recovery and have a chance to ask any questions or address any concerns. This appointment can be booked in with the London Gynaecology admin team prior to the procedure.

Useful Numbers

The Portland Hospital switchboard
020 7580 4400

St John and St Elizabeth Hospital
switchboard
020 7806 4000

The Harley Street Clinic switchboard
020 7935 7700

The London Clinic switchboard
020 3613 8112

London Gynaecology
020 7101 1700

Email: contact@London-gynaecology.com



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For further information about our other services please visit:

www.london-gynaecology.com

www.london-colposcopy.com

www.london-fibroids.com

www.london-earlypregnancy.com

www.london-fertility.com

www.london-menopause.com

www.london-womenscancer.com

London Gynaecology is a first class private gynaecology practice, led by a team of leading consultant gynaecologists. London Gynaecology offers daily services across London.