

Healthier Communities,  
Outstanding Care



Sherwood Forest Hospitals  
NHS Foundation Trust

# Hysterectomy

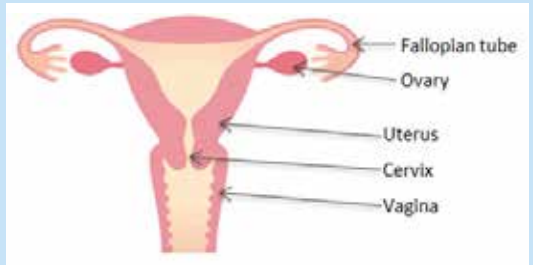
**Information for patients**

# Introduction

The COVID-19 pandemic has had a significant impact on the NHS's ability to provide routine elective services. We recognise that patients are waiting longer than we all would like. It is not always possible to identify when treatment will take place. We apologise for any delay and this document will provide you with more information on how you can support yourself while you are waiting.

## What is a hysterectomy?

A hysterectomy is the surgical removal of the uterus (womb). This may be performed laparoscopically (keyhole surgery) through small cuts on your tummy or performed by laparotomy (open) using larger cuts into your tummy. The procedure will take about an hour to perform.



This leaflet will provide guidance and signpost you to more information regarding this operation.

## Guidance for patients

### Some reasons for having a hysterectomy include:

- Heavy or painful periods.
- Fibroids (where the muscle of your womb becomes overgrown).
- Cancerous cells.
- Endometriosis (cells similar to the lining of the womb grows in other places such as the ovaries).

Alternative options may be suggested by your health professional to support you whilst you are awaiting your treatments.

### These may include:

- Medication.
- Pelvic floor exercises.
- Physiotherapy.
- Lifestyle changes.
- Intrauterine device (IUD).

## **There are different types of hysterectomy. These include:**

- Vaginal:  
<https://inform-prod-lites.s3-eu-west-1.amazonaws.com/Lites/UK/OG02/OG02.pdf>
- Subtotal:  
<https://inform-prod-lites.s3-eu-west-1.amazonaws.com/Lites/UK/OG29/OG29.pdf>
- Laparoscopic:  
<https://inform-prod-lites.s3-eu-west-1.amazonaws.com/Lites/UK/OG08/OG08.pdf>
- Abdominal:  
<https://inform-prod-lites.s3-eu-west-1.amazonaws.com/Lites/UK/OG01/OG01.pdf>

## **Further information about your procedure can be found on the websites below:**

- [www.rcog.org.uk/for-the-public/menopause-and-later-life/hysterectomy](http://www.rcog.org.uk/for-the-public/menopause-and-later-life/hysterectomy)
- [www.nhs.uk/conditions/hysterectomy/](http://www.nhs.uk/conditions/hysterectomy/)

Having surgery can have a big impact on your body. There are things you can do to prepare for surgery and improve your recovery. The following video from the Royal College of Anaesthetists can provide some simple steps to help you:

- **Video: Fitter, better, sooner**  
[www.youtube.com/watch?v=2CUMpUwX0x4](http://www.youtube.com/watch?v=2CUMpUwX0x4)

Please see our general health guidance on how to stay healthy whilst you wait for your procedure at: [www.myplannedcare.nhs.uk/mids/sherwood-forest](http://www.myplannedcare.nhs.uk/mids/sherwood-forest).

## **What should I do if my health is deteriorating?**

You may also be experiencing symptoms such as heavy periods (changing your sanitary wear every hour because it is full) and long-term pelvic pain. If your symptoms are worsening, please get in touch with the gynaecology department on 01623 622515, extension 4364.

### **If you are experiencing any sudden and unexpected pelvic pain, please call 111 for advice.**

For increased pain you may find it helpful to:

- Lose weight if you're overweight, to relieve some of the strain.
- Avoid activities that make the pain or bleeding worse, such as strenuous exercise.
- Wear flat shoes and avoid standing for long periods.
- Take painkillers, such as paracetamol or ibuprofen if you have no allergy.

## Urgent health advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

## Life threatening emergencies

If you have severe bleeding, breathing difficulties or chest pains, please dial 999.

## GP surgeries are still open

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic. They continue to make best use of telephone, online and video consultations.

Face to-face appointments are still being given to those who need it. When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP, or paramedic.

## Consent and decision making

It is important that you are involved in decisions about your care. Consent is a patient's agreement for a health professional to provide care. You will be asked to sign a consent form to say you agree to have treatment and understand what it involves.

You have a right to withdraw from treatment at any time, even after you have signed a form. It is your choice. Please ask as many questions as you like if you have any concerns.

Further information on consent please see [www.nhs.uk/conditions/consent-to-treatment/](http://www.nhs.uk/conditions/consent-to-treatment/).

## Contact us

Please contact us on 01623 622515, extension 4364, if you have any queries.

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202301-01-HYEC  
Created: Jan 2023 / Review Date: Jan 2025