



# Patient Information

## Guidelines following Transcervical Resection of Fibroids

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

- It is important to rest when you leave hospital. You should rest for two to three days and then resume your normal activities.
- You may have a small amount of vaginal bleeding for two to four weeks after the operation and then it should settle.
- You may have abdominal cramps for a day or two. Pain relief may be prescribed for you to take home.
- We will tell you about any follow up treatment or appointments before you leave.
- You are advised to contact your General Practitioner (GP) if you experience any of the following symptoms:
  - Heavy bleeding (more than a normal period)
  - Fever
  - Lower abdominal pain
  - Problems passing urine
- If you have been given support stockings to wear it is important that you continue to wear them day and night until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

### You were given the following pain relief while in Day Surgery

**Paracetamol at**

**Codeine at**

**Ibuprofen at**



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## Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation.
- Do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

**If there are any problems after you return home, please telephone your GP or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays).**

**After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.**

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister  
Day Surgery Unit  
Great Western Hospital  
Marlborough Road  
Swindon  
SN3 6BB

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

#### Document Control

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