

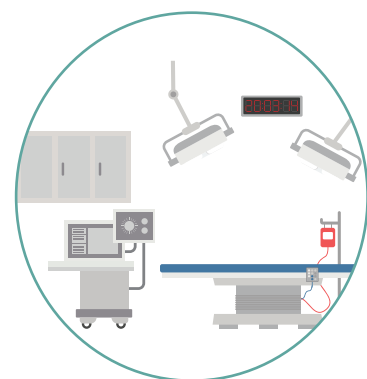
The day of your surgery

What you need to know

This pamphlet is designed for people who have gynaecological surgery planned at Waitematā DHB.

Your healthcare team see a lot of people going through this, and everyone feels differently- from excited and relieved to sad or terrified.

We hope that knowing what to expect will make this day easier for you.



What will happen?

- There are many different types of Gynaecological surgery.
- By the time the day of your surgery arrives, you should feel comfortable about what operation you will have, the specific risks of your operation, and what to expect during your recovery.
- If you have questions about your operation, please contact our booking and scheduling team (see contact details below).
- If they are unable to answer your questions, they can direct you to the right place for answers.

Where and when will my operation take place?

- One of our booking and scheduling team will contact you when the date of your surgery is finalised.
- They will tell you what time to arrive, how to get to the correct place for your operation and what you need to do in the lead up to your surgery.



Who will be there?

You will meet a lot of new people on the day of your operation. We work as a team, and everybody has an important part to play in your care. Being a teaching hospital means that we have trainee doctors (fellows and registrars), nurses and technicians working and learning alongside us in theatre.

Fellows and registrars are not the same as medical students. They are qualified doctors who are on the path to becoming specialists. Fellows and registrars in theatre may be assisting, operating or anaesthetising depending on how far through their training they are.

There may be a medical student rostered to your theatre. They are present as observers only, unless you give specific consent for them to be more involved.

Our strength in treating you does not come from one person - it comes from excellent teamwork and passing on our knowledge to the next generation.

How will my day go?

1. Before the operation - reception

- You should arrive at the hospital with the personal items you'll need during your stay.
- You should have been given a rough idea of how long you'll be in the hospital.
- You can usually bring a support person with you, we will make sure you know ahead of time if this changes.
- Our reception staff will check you in and explain where to wait.
- You should know and be able to provide the details of the person you want us to call in case of an emergency.



2. Before the operation - pre-operative area

- Nurses will take care of you and get you ready for the operation.
- Your blood pressure and pulse are checked.
- Final checklists are done.
- You may have final blood tests or extra treatments like enemas to empty your bowel.
- Your doctors will check that you understand the risks of your surgery, and ask that you sign a consent form.
- If there is something our medical students can learn from you (such as vaginal examination), you will be asked for your permission.
- You have the right to say no, and it will not affect your care in any way.
- Because this is a sensitive and very important area in gynaecology, we have prepared a separate pamphlet and video to explain this further.
- Usually, your operation will happen within 2-4 hours of your arrival, but please bring something to do in case it takes longer, for example, a book to read.

3. During the operation - operating theatre

Making your operation happen safely commonly takes up to ten healthcare professionals working together. Some may arrive in the operating theatre after you are asleep.

- Your anaesthetist will confirm your details again, and you'll meet the anaesthetic technician who helps your anaesthetist.
- There will be three or four nurses who will help you get ready and then help with setting up for the operation.
- You'll be asked to lie on your bed with your arms by your side.
- There will usually be special boards for you to rest your arms on, and a blanket to keep you warm.
- You will have an IV line placed in your arm or hand. The technician will put an oxygen monitor on your finger and a blood pressure cuff around your arm.
- Your anaesthetist will then get ready to start your anaesthetic.
- Your body will be covered until you are fully anaesthetised.
- Once you are asleep, you are uncovered and positioned.
- A final vaginal examination is usually done so that your surgeon can plan the operation.
- You are then cleaned and covered with sterile surgical drapes.



Special situations

Most of the time, your operation will go ahead as planned. However sometimes surgeries get postponed despite our best intentions.

Some examples of when this might happen are:

- When surgery for someone else takes longer than we could predict, and we run out of time to do your operation safely.
- When something beyond our control happens, meaning that we don't have the right team of people to perform your operation safely.

If this happens, we understand it is very disruptive and do everything we can to reschedule your surgery as soon as possible.

Suggestions

- If you are very scared about the surgery, talk to your doctor at any of your clinic appointments, or contact the gynaecology perioperative nurse by calling the hospital switchboard on 0800 80 93 42. After your consent form is signed on the day of surgery, we can often give you medications to help you relax while you wait.
- If you don't fully understand your planned surgery, or have questions that need answering, consider:
 - Seeing your general practitioner to talk about it
 - Calling our perioperative nurse coordinator (PNC), who is part of our booking and scheduling team (contact details to be confirmed).

Questions for your health care provider (doctor or nurse practitioner)



Scan this QR Code and refer to Patient Resources for other videos and leaflets.