**Patient information**

**Welcome to your operation in the Gynaecology department 4AC**

**Before the operation**

* **Practical tips**Prepare your nearest and dearest with regard to helping at home after the operation.
You must not drive after the operation, so arrange for someone to pick you up. You should bring a cell phone so that you can make a call when you are ready to be picked up.
* In addition, you must not be alone for the first 24-hour period after returning home.
* It is not permitted to wear jewellery or watches in the operation theatre. Do not bring any valuable items to the hospital.
* If there is a possibility that you are pregnant, it is advisable to take a pregnancy test before you meet.
* **Medication**
	+ Bring a list of any medications you use. This is especially important if changes have been made after the preliminary examination.
	+ If you use blood-thinning medication (for instance Marevan®, Eliquis® or Xarelto®) you must stop using it before the operation, due to bleeding risk. A blood-thinner injection is used instead. The doctor will inform you on how many days before surgery you must stop.
	+ If you use Albyl-E, you can continue with this, except if you are having a spinal anaesthesia/block, in which case you must stop taking the tablets 5 days before the operation.
* **Preventing blood clots**  If the operation lasts more than half an hour, you will usually be prescribed blood-thinner injections for several days. It is important that you quickly resume your daily activities.
* **Tobacco smoking and frequent alcohol consumption**
You should ideally refrain from both habits for 3-4 weeks before and after the operation, as they lead to poor healing of wounds and increased risk of infection.
* **Fasting**It is vital that you follow these fasting rules so that we can give you a general anaesthetic:
	+ You must not eat, or drink milk during the 6 hours before your appointed time.
	+ You must not chew gum, eat pastilles, smoke, or use snuff either during the last 2 hours before your appointed time.
	+ You can drink water, tea, coffee, squash and carbonated drinks up until 2 hours before your appointed time.
	+ You must buy two nutritional drinks ((**Provide Xtra Drink®** 200 ml juice based protein-/energy drink) at the pharmacy. You can drink 1 cartons before midnight the evening before the operation, and 1 carton at 6 o'clock in the morning, or at least 2 hours before the operation.

**The day of the operation**

* **Hygiene**There must be no wounds or pimples/spots in the operation area. In order to prevent infection in the operation area, you must take a shower on the day of the operation. Pay special attention to the genital area, navel, hands, and feet. Do not shave the operation area or use body lotion. Take off any rings, jewellery, watches and piercings at home; nail polish must also be removed. We recommend that you wear comfortable clothes that are easy to put on, and are not too tight over the operation area. We also recommend shoes that are easy to put on. It is not recommended to walk barefoot in the hospital.
* **Vital heart and lung medication**
Bring your regular morning medication to the hospital. You will be told which medication you should take before surgery. In other words, you should not take any of your regular medicine before you come to the hospital
* **Anaesthetic**The operation is done under general anaesthetic or spinal anaesthetic/block. Most people feel in quite good shape, and can eat and drink shortly after the operation.

**After returning home**

* **Complications**Contact us if you have a fever, heavy bleeding, or increasing pain. The same applies to swollen legs, or increasing shortness of breath.

 Call the Gynaecological Department tel.no. **51518777.**

* **Test results**Any tissue that is removed is sent for analysis. The results are sent to the referring doctor. You will be contacted when the results are ready if this has been specifically agreed upon.

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