

Preparing for a gynaecological surgical procedure

This patient guide contains information that patients have to take into consideration before a surgical procedure and when preparing for a surgical procedure. You will find instructions on how to arrive to the hospital and the hospital's contact information attached in your appointment letter.

A nurse will call you 1 to 2 weeks before your surgery to ask how you are feeling, and will go over the preparations with you.

Preparing for the surgery

You can eat normally for the days before your operation. **If you are prone to constipation**, we recommend that you resolve it before your operation with prescription-free over the counter medication available from a pharmacy. If your surgery requires emptying the bowels, you will receive separate instructions for bowel preparation attached in your appointment letter.

Remove all jewelry, including piercings, and leave them home.

Your home medication will continue normally up to the surgery. You will receive separate instructions attached in your appointment letter if changes have to be made to your medication. On the day of your surgery you can take your morning medication with a small amount of water before you come to the hospital. If you use an asthma inhaler, eye drops, or an insulin pen and a glucometer, take them to the hospital with you.

If you use natural products, such as omega supplements or similar, **discontinue using the supplements one week before your surgery.**

If you require daily living aids (for example a rollator or a CPAP machine), take those to the hospital with you as well.

If the surgery requires laboratory tests, you will receive instructions for them attached in your appointment letter. The attachment has **specific instructions on when the test should be taken, and these instructions must be followed.** The samples are taken at your own local health clinic, **and you will have to book an appointment for these tests yourself.** Make sure you book the laboratory appointment sufficiently in advance.

Arriving at the hospital on the morning of the surgery

You must **not eat anything for 6 hours and not drink anything for 2 hours before you come to the hospital**. You can drink 2 to 4 desilitres of **clear** (see-through), non-carbonated fluids for up to 2 hours before the procedure. Water, tea or coffee **without milk**, and clear juice with no pulp are allowed.

We recommend that you rather use the ProvideXtra® (200ml) or PreOp® (200ml) oral nutritional supplement, available from a pharmacy. **Do not use any other oral nutritional supplements.**

Arriving at the hospital on the day before the surgery

You can usually eat normally on the day you arrive at the hospital. If the procedures that are scheduled on the day of admission require fasting, this is mentioned in your appointment letter. Possible bowel preparation is done at the ward.

Things to consider before surgery:

- Having symptoms such as runny nose, cough or fever or otherwise falling ill **within 2 weeks before the operation** can cause the operation to be cancelled.
- **We recommend quitting smoking well before the surgery** to improve the success of the surgery and the recovery. Smoking affects the entire body through circulation, and it slows down the healing of wounds and increases the risk of surgery-related complications significantly. Smoking also increases the risk of developing postoperative venous thrombosis or blood clot. Smoking increases the risk of pain, lessens the efficacy of certain pain medications and increases dependency on strong pain medications.
- **Obesity increases** breathing and respiratory problems and makes the surgery more technically difficult. In addition, obesity increases the risk of developing associated diseases (for example high blood pressure, high blood glucose levels). We recommend active weight loss if the body mass index (BMI) is over 30.

Being discharged on the day of the surgery (day surgery):

- You must have an adult who can collect you from the hospital (or Kela taxi). In addition, you need to have an adult with you at home who stays with you overnight when you go home.
- Avoid driving for 24 hours after surgery: you have been given medications that can cause drowsiness and loss of perception.
- Drinking alcohol is prohibited for 24 hours after anesthesia. The medications used during anesthesia can have dangerous interactions with alcohol.

Contact the hospital responsible for you care if:

- You require more information.
- Your surgery is scheduled as a day surgery but you do not have anyone to pick you up from the hospital on the day of the procedure.
- You are diagnosed with a chronic disease while you are waiting for the surgery or you develop a short-lasting illness within 2 weeks of the surgery.
- Changes are made in your medication while you are waiting for the surgery.
- You wish to receive help and support for quitting smoking.

Contact the clinic responsible for your care as soon as possible if:

- You have received medical treatment in a hospital/treatment facility abroad within the past year and your stay lasted over 24 hours.
- You live in a reception center or you are an asylum seeker.
- You live/have lived or work/have worked at a pig farm.
- You live in a household with a person who is a MRSA/VRE/CPE carrier, or are one yourself.

More information:

- General information about surgical procedures and preparation is also available at www.tyks.fi / Hoito ja tutkimukset/ Leikkaukseen valmistautuminen (only available in Finnish and Swedish). **However, follow the instructions you have received.**
- For information about surgery pain management, you can visit www.terveyskylä /Kivunhallintalo (only available in Finnish and Swedish).
- For information about quitting smoking, you can visit www.terveyskylä /Keuhkotalo/Itsehoito (only available in Finnish and Swedish).
- If you wish to quit smoking, health centers and occupational health care providers can also help you.