

## Simple Gynaecological Operation

### Pre-operation

1. Keep fasting for at least 6 hours before operation.
2. Remove all accessories and make-up, including ring, bracelet, necklace, ear-rings, lip-stick, nail-polish, toe-nail polish, hair pins, dentures and contact lenses etc.
3. Remove undergarments, change into an operation gown (tie at the back) and put on cap and socks.
4. Any valuables should be kept by the accompany person or locked in locker. The nurse will help you keep the locker key upon request.
5. Please empty your bladder before the operation.

### Post-operation

1. Bed rest for 2-3 hours is recommended until you are fully conscious.
2. After rest, you can start with a small amount of water. If water is tolerated well, you can have easily digestible food such as congee, sandwiches and macaroni, etc. (unless the doctor otherwise instructs).
3. You can be discharged when you are fully conscious, tolerant of oral intake, able to pass urine and feeling well (unless the doctor otherwise instructs).
4. If you would like to leave, please inform the nursing staff for arrangement. The discharge procedure will take about 1 hour. The progress of your billing is shown on Union Hospital TV Channel Program “Discharge Information Channel”.
5. You will also be informed via telephone extensions to settle the bill at Cashier when ready.
6. After settling the bill, please return to ward and collect your discharge medication and document(s). Remember to return the locker key before you leave.
7. Chinese herbs (Such as Astragali Radix (北芪), Angelicae Sinensis Radix (當歸), Ginseng Radix (蔘茸)) and alcoholic drinks should be avoided for the first few days after the operation.
8. Consult your doctor or visit Accident & Emergency Department at once for any heavy vaginal bleeding, persistent fever or abdominal pain.
9. Any follow-up consultations should be attended as scheduled.