

## Ambulatory Gynaecology

### What are Ambulatory Procedures?

Ambulatory gynaecology procedures are **less invasive treatments** performed in a dedicated **outpatient setting**, without the need for a general anaesthetic or overnight hospital stay.

This approach offers:

- **Quicker treatment** using a "see and treat" model
- **Lower risks** associated with general anaesthesia
- **Faster recovery**
- The **option to bring a family member or friend** with you for support

Types of procedures we carry out in Ambulatory

- Diagnostic and operative hysteroscopy
- Removal of Fibroid & Polyp
- Endometrial ablation
- Vulval biopsy

### Will I be awake?

**Yes** – you will be awake during the procedure.

This allows:

- More interaction with the doctor and nursing team
- Involvement in decisions during the procedure
- Quicker discharge and return home
- Faster return to your usual activities – often by the next day

**Prep** To help your visit go smoothly:

- **Take your regular medications** unless told otherwise by pre-operative staff.
- **Eat and drink as normal** before your appointment.
- **Do not take painkillers beforehand** – we will provide these at the clinic.
- Bring a **dressing gown** and **slippers** for comfort. A **support person** (only one allowed due to space).
- **Avoid bringing valuables.**
- You may be asked to **provide a urine sample** on arrival – no need to bring one from home

We advise you to **avoid intercourse** or use **adequate contraception** for **at least 2 weeks** before your procedure.

### **Will it be painful?**

You **may feel some discomfort**, but pain relief is available and routinely offered. On arrival, you will be given:

- **Paracetamol**
- **Diclofenac suppository**
- **Ondansetron** (Anti-sickness tablet)

Other options include:

- **Local anaesthetic**
- **Entonox (Gas & Air)**
- Additional medications if needed

If at any point the discomfort is too much, the procedure may be stopped and rescheduled under general anaesthetic in a day-case setting.

### **After the procedure- When can I go home?**

- You will be observed for at least **30 minutes** after the procedure, once assessed by the nurse, you can go home
- Please ensure a **friend or relative is available to accompany you home, however you can drive if you feel well enough.**

If you are unwell or need additional monitoring, you may be transferred to the gynaecology ward.

### **Recovery at home**

You will be given a **discharge leaflet** with guidance on:

- What to expect
- Managing bleeding or discomfort
- When and how to seek urgent help

Most women return to **normal activities** within a **few days**

Return to **work** as soon as you feel ready

## **Questions?**

Please speak to your nurse or doctor if you have any questions or concerns. We are here to help ensure your visit is as smooth and comfortable as possible.

**This leaflet can be formally translated on request via our Patient Experience Team, although response times to have information translated can vary. To request formal translation services or if you would like to make any suggestions or comments about the content of this leaflet, please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)**

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