NHS
Gloucestershire Hospitals
NHS Foundation Trust

What to bring with you for gynaecological surgery

Introduction

There are a few things you will need to bring with you for your hospital stay. This leaflet gives helpful suggestions, but it is not a full checklist. You may bring other items that you find useful.

What to bring

If you are staying in hospital as an inpatient, you will have a bedside locker for your personal items. Space around the bed is limited, so please only bring essentials items. This helps us keep the area uncluttered, clean and safe.

If your stay is longer than a week, you may need more belongings. Family and friends can bring in clean clothes and take home any laundry, as the hospital does not have washing facilities for patient use.

Essentials

These are the main items most patients find useful during a hospital stay:

- Your usual medication
- Nightwear or loungewear and underwear (around three changes if you are staying overnight)
- Comfortable, loose-fitting clothes to go home in
- A dressing gown, if you have one
- Slippers. Slipper socks are provided on admission

- Basic toiletries such as hairbrush, hairbands, toothbrush, toothpaste, dentures and shampoo and shower gel
- Glasses or contact lenses, along with their case, wipes and solution
- Hearing aids, spare batteries and the storage case

Non-essentials

These items are not required but can make your stay more comfortable:

- Mobile phone and charger
- Things to keep you occupied, such as a tablet, book, magazines, playing cards or a colouring pad
- A small amount of money (no more than £20)
- Makeup

Items you should not bring into hospital

- Large amounts of money (a maximum of £20 is recommended)
- Alcohol
- Valuables such as jewellery or expensive electronics

The hospital cannot take responsibility for any personal belongings, so keeping items to a minimum helps ensure they remain safe.

Food and Drink

The catering team will provide three nutritious meals each day during your stay. If you would like extra food or snacks, you will need to bring these yourself. A fridge is available in the ward pantry, but space is limited. Please give any food that needs to be kept cold to a member of staff so it can be labelled and stored safely..

Hot and cold drinks such as tea, coffee, hot chocolate and squash are available on the ward.

Medicines

Please bring all your current prescription medications such as:

- Inhalers
- Creams
- Eye drops
- Injections
- Patches
- Any other medicines that you purchase yourself and regularly use such as herbal ointments.

Please bring all medication in their original packaging. Show them to staff when you arrive. Your nurse will store them safely for you.

Contact information

If you have any concerns or questions regarding your surgery, please contact your Gynaecology Cancer Nurse Specialist or your GP:

Gynaecological Cancer Nurse Specialists

Tel: 0300 422 4047
Tel: 0300 422 3181
Email: ghn-tr.gynaecologycancernurses@nhs.net
Monday to Friday, 8:30am to 4:30pm

If we cannot take your call, please leave a short message with your name, MRN number, date of birth and contact number and someone will get back to you as soon as possible.

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Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.



1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85

AQuA Advancing Quality Alliance

Right Care Shared Decision Making Programme

NHS https://aqua.nhs.uk/resources/shared-decision-making-case-studies/

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