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# Gynae Preparation Checklist for Appointments and Surgery

*This checklist is designed to help you prepare for appointments, surgery, and recovery.  
Not all items will apply to everyone — follow the advice given by your clinical team.*

## **Before Your Appointments**

- Read your appointment letter carefully if you have one
- Write down any questions you would like to ask
- Bring a list of your current medications
- Bring your appointment letter and any hospital forms
- Consider bringing a partner, friend, or family member for support
- Let the team know in advance if you have communication, accessibility, or cultural needs

## **Preparing for Surgery (Days or Weeks Before)**

- Attend your pre-operative and anaesthetic appointments
- Follow advice from the rehabilitation / prehabilitation team if offered
- Stay as active as you are able — gentle walking is often helpful
- Eat regular, balanced meals and drink fluids
- Follow any instructions about bowel preparation or fasting
- If you smoke, stop or reduce smoking and ask for support if needed
- Tell your team if you feel unwell or have concerns before surgery

## **What to Bring into Hospital**

- Comfortable clothing and footwear
- Toiletries and personal items
- Regular medications (unless advised otherwise)
- Something to help pass the time (book, phone, charger)
- Sugar-free chewing gum (may help bowel recovery after abdominal surgery)

### **On the Day of Surgery**

- Ask questions if anything is unclear
- Let staff know if you feel anxious, unwell, or uncomfortable
- Confirm your consent and planned procedure
- Tell your team if pain, nausea, or worries are not well controlled

### **After Surgery**

- Start gentle movement as advised by your team
- Sit out of bed and walk short distances when safe
- Eat little and often as your appetite returns
- Drink fluids regularly
- Use breathing exercises if advised
- Take pain relief as prescribed and tell staff if pain is not controlled

### **Before Going Home**

- Understand your medications, blood thinning medications if you have been prescribed them and pain relief
- Know how to care for your wound
- Have contact details for advice if you are worried
- Know when and how your follow-up appointment will happen

### **Remember**

There is no one-size-fits-all pathway — your care is personal to you, and it is always okay to ask questions.