



## TOGETHER IN SURGICAL MENOPAUSE

We understand that going into hospital can be very daunting. Planning ahead for your hospital stay and recovery can help reduce stress.

### Plan ahead

Take some time to think of any questions to ask your consultant and write them down, such as, expected date of discharge.

Pack your hospital bag, see checklist

Make arrangements at work, put your out of office on.

Arrange transport to and from the hospital

If you're a parent make childcare arrangements, it's okay to ask for help.

### Useful Bits 'n' bobs for recovery

Comfy & Loose nightwear, BIG knickers that sit over your belly button

Poop stool and stool softener

Grabber stick – to help reach anything below waist height

Support pillow, a V or a long rectangular one can support your body and make you more comfortable.

Now is the time to binge watch Netflix, listen to podcasts, read, crochet – whichever floats your boat.

A water proof mattress protector in case of any bleeding/night sweats.

### Get your home 'recovery ready'

Prepare some easy meals that can just be popped in the oven.

Stock up on any household essentials

Get up to date with cleaning, washing and ironing.

Pop clean bedsheets on, there's nothing nicer than fresh bedsheets when you return home from hospital!

Move any items that you use regularly to waist height, bending down can be quite uncomfortable initially. Perhaps pop a cool box with bottle water and snacks next to your bed.

### It's good to talk

Talk through a recovery timeline with friends and family to help manage expectations.

Perhaps pop a list together of anything you may need additional support with, it's okay to ask for help!

Highlight that the surgery isn't an instant fix, stress that recovery will take time.

Signpost them to useful information