



Consent Form Jargon Buster

Making sense of your hysterectomy paperwork, in easy language!

Consent forms are important legal documents, but they're often packed with medical jargon. This guide breaks down the most common terms, so you can feel confident, informed, and most importantly, ready to ask any questions you need.

► Types of Hysterectomy (What's Being Removed)

- **Total Hysterectomy** Removes the womb (uterus) and cervix.
- **Subtotal or Partial Hysterectomy** Removes the womb but leaves the cervix.
- **Radical Hysterectomy** Removes the womb, cervix, upper vagina, and tissues around them (used for certain cancers).
- **Bilateral Salpingo-Oophorectomy (BSO)** Removes both ovaries and fallopian tubes.
- **Oophorectomy** Removes one or both ovaries.
- **Salpingectomy** Removes one or both fallopian tubes.

► Surgical Approaches (How They Do It)

- **Laparoscopic (Keyhole) Hysterectomy** Small cuts are made in the tummy to insert a camera and instruments. Less invasive, quicker recovery.
- **Laparoscopic-Assisted Vaginal Hysterectomy (LAVH)** Starts with keyhole surgery, but the womb is removed through the vagina.
- **Vaginal Hysterectomy** Surgery is done entirely through the vagina – no abdominal incisions.
- **Abdominal Hysterectomy** Open surgery with a larger incision across or up the tummy.
- **Robotic-Assisted Hysterectomy** Similar to laparoscopic, but a surgeon uses robotic arms for more precision.
- **VNOTES (Vaginal Natural Orifice Transluminal Endoscopic Surgery)** Keyhole surgery done through the vagina – no external cuts. Still relatively new and not offered everywhere.

► Anaesthesia Explained

- **General Anaesthetic** You're fully asleep and unaware during the operation.
- **Spinal or Regional Anaesthetic** Numbs the lower half of your body – you're awake but won't feel pain.
- **Sedation** You may be given sedation alongside spinal anaesthetic to help you relax or doze.

Before You Sign – Important Questions to Ask

- ✓ What kind of hysterectomy am I having?
- ✓ Will my ovaries or cervix be removed?
- ✓ What are the risks and benefits of this approach?
- ✓ What type of anaesthetic will I have?
- ✓ What pain relief will I be given before I wake up?
- ✓ What pain relief will I be sent home with?
- ✓ Who do I call if I have problems afterwards?

Other Common Jargon Simplified

| Term | What It Means |
|----------------------------|---|
| Haemorrhage | Heavy bleeding. |
| Infection | Common after any surgery, usually easily treatable. |
| Damage to adjacent organs | Very rare, but could include the bladder, bowel, or ureters. |
| Adhesions | Internal scar tissue that may cause discomfort later. |
| DVT (Deep Vein Thrombosis) | Blood clot, usually in the leg. Your team will take measures to help prevent it. |
| Prolapse | Dropping of pelvic organs after hysterectomy (can be avoided with pelvic floor therapy) |

You're Allowed To...

- Ask for more information or diagrams
- Take your time before signing
- Bring someone with you
- Change your mind
- Request a second opinion

If you have any questions or concerns please reach out and I will do my best to help!

We also have many other hysterectomy support resources available on our website here:

 [Hysterectomy Support and Shared Experiences](#)



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