

What do I need to know before I go home?

Reminder: DO NOT BLOW YOUR NOSE UNTIL REVIEW BY YOUR SURGEON.

On the day of discharge you will be given three days supply of the required medications, then see your local doctor for further medications. An appointment will be made for you at either the outpatient clinic or the Consultant Neurosurgeons private rooms.

It is very important that you go to your local doctor or the nearest Emergency Department if you have any of the following symptoms:

- Clear fluid leaking from your nose
- Sensation of fluid running down the back of the throat
- Increase in urination or thirst
- Seizures
- Unrelieved headaches
- Fever
- Sensitivity to light
- Nausea and vomiting

You **must not** drive any vehicle or operate machinery until the Neurosurgeon has told you that you may. This period of time varies depending on your particular condition.

Further Information

If you have any questions during your stay please do not hesitate to talk to a member of the nursing staff, who will be only too pleased to try and assist you.

**The information in this pamphlet was compiled by:
The Department of Neurosurgery
Westmead Hospital**

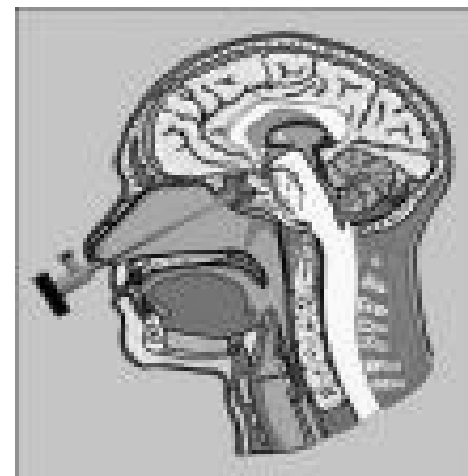
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AREA HEALTH SERVICE

Understanding the Causes and Treatment of

PITUITARY TUMOURS



A guide for patients and their families

The following pamphlet is designed to provide patients, families and carers with an overview and general information about the treatment and management of pituitary tumours. This pamphlet is not intended to replace discussion with your doctor, nurse or other members of the health care team.

What is a Pituitary Tumour?

A pituitary tumour is an abnormal growth found on the pituitary gland, which is located in the frontal area of the brain. These growths can cause the pituitary gland to work abnormally. This may reduce hormone production, which may cause symptoms such as nausea and vomiting, increase in urination, anaemia and hair loss. Alternatively hormone production may increase, causing symptoms such as altered menstrual cycles, obesity, enlargement of the bones of the nose, jaw, hands and feet. Other symptoms may include problems with vision, breast enlargement, changes in sexual drive and fatigue.

What is pituitary (transphenoidal resection) surgery?

Pituitary surgery is also known as transphenoidal resection of the pituitary lesion. The Neurosurgeon accesses the pituitary gland via the nasal passage using a microscope or endoscope. Your nose may be packed with gauze following the surgery for up to 5 days, if so the packs will be removed by a doctor.

What will happen immediately after my operation?

After the operation you will be taken to the recovery room. When you wake up you will have various computer leads attaching you to a monitor, which monitors your heart rate, pulse and breathing. You will also have an

- oxygen mask on your face
- a tube in the artery of your wrist to monitor your blood pressure
- a drip in your arm to provide intravenous fluids
- a tube into your bladder to measure your urine output
- a small dressing underneath your nose

You will be asked frequent, simple memory questions to assess how alert you are. You will also be asked if you have any pain, and if so you will be given an injection to help relieve the pain. When your condition is stable you will be transferred to the Neuro/Trauma High Dependency Unit for specialist medical and nursing care.

Care after your operation.

In the High Dependency Unit, the nursing staff will assess your condition regularly, and your doctors will review you each morning.

You will possibly feel very tired and may have headaches or nausea. For these reasons we ask that your visitors are restricted to immediate family, two at a time and only for short periods.

The physiotherapist will visit you on the morning after your operation to assist with deep breathing and coughing to prevent any problems with your lungs.

You will be allowed to drink and progress to a normal diet when you feel well enough.

You will be encouraged to get out of bed as much as possible and nurses will assist you in the shower in the first couple of days after your surgery.

You will be transferred to the neurosciences ward when your condition has stabilised. If you have any need to see our speech therapist, dietician, social worker or pharmacist, the nursing staff will notify them of your requirements.

An endocrine (hormone) specialist will continue to monitor your hormone levels whilst you are in hospital and as an outpatient after you return home.