

Following your laparoscopy

What is laparoscopy?

Laparoscopy is performed at the Day Surgery Unit under general anaesthetic (whilst you are asleep). It enables the surgeon to look inside your abdomen (tummy) and see whether your womb, fallopian tubes and ovaries are normal and healthy.

What is it for?

There are many reasons why this operation is carried out. These include to investigate abdominal pain, infertility or for sterilisation purposes.

What does it involve?

A telescope is inserted through a small cut made in your navel (belly button). Usually a second small cut is also made in the lower tummy on your bikini line.

Will I have any pain or discomfort?

You may experience some abdominal pain. This will gradually settle over the following three to four days. Please take your medication as prescribed and discussed on discharge. Resting and avoiding physical activity will also help. You may also experience pain in your shoulders and underneath your ribs, and a feeling of distension (swelling) in your abdomen. This will resolve in a few days.

Should I take any precautions?

If you have had a sterilisation, please continue to take contraceptive precautions until you have had your next period, unless told otherwise by your doctor.

Continued overleaf ...

When can I resume normal activities?

Take gentle exercise over the next few days. You may take a bath or a shower the following day, if you wish. Do not drink alcohol, drive, or operate machinery for 24 hours.

Do not make important decisions, sign a cheque or other important documents for 24 hours. This is because the drugs that we use may continue to affect you for up to 24 hours after discharge.

You will need a responsible adult with you for 24 hours after leaving hospital.

Will I need a follow up appointment?

You are likely to have dissolvable sutures (stitches). Your nurse will advise you if your stitches need removing. If you need further treatment or follow up, we will discuss this with you before you leave.

Contact us

If you need further advice, please contact one of the following:

- Theatre Direct, Royal Cornwall Hospital
01872 258082 Monday to Friday between 8am and 6pm
- Eden ward, Royal Cornwall Hospital
01872 253163 or 01872 252090 (outside the above hours)
- The Treatment Centre, West Cornwall Hospital
01736 874222 Monday to Friday between 9am and 4.30pm
- your GP

If you are unwell or have any concerns about your recovery out of hours, contact your GP, local A&E or Minor Injuries Unit.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690