

# Laparoscopy

**A laparoscopy** is a surgical procedure that allows the physician to see the outside of the uterus, ovaries and fallopian tubes. The woman is given a general anesthesia and her abdominal cavity is inflated with carbon dioxide to provide a better view of her pelvic organs. A laparoscope (a small scope with a fiber optic lens) is inserted through a small incision in the naval. Additional, even smaller incisions in the public hair line may be necessary. If endometriosis or adhesions are discovered, the physician may elect to actively operate to treat the condition. A laparoscopy can last from 45 minutes to several hours depending on the findings. The procedure is performed at a hospital or surgery center, usually on an out-patient basis. Lengthier surgeries, however, may require an overnight stay.

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## **Patient Instructions:**

1. Contact your office on Day 1 (the first day of full flow) or 2 of your menstrual cycle to Schedule your surgery. If this occurs on a weekend or holiday, please call the next business day. Laparoscopies are usually done during the first half of of menstrual cycle, before ovulation occurs.
2. Do not eat, drink or smoke after midnight the night before surgery.
3. Report to the hospital or surgery center at least 1 hour before the surgery is scheduled.
4. Wear loose comfortable clothing. Do not wear jewelry or bring any valuables.
5. You may be at the hospital or surgery center for 3 to 6 hours. You cannot drive for at least 24 hours after you are discharged. Please arrange in advance for a ride home.
6. You may need a bowel prep one day prior to surgery. (Instructions to be given by home office.
7. For the first 24 hours following the surgery:
  - ❖ Do not drink any alcoholic beverages.
  - ❖ Do not take any medication not prescribed by your physician.
  - ❖ Do not operate any heavy equipment.
  - ❖ Do not smoke.
  - ❖ Do not sign any important papers or documents.

## Laparoscopy (continued)

8. The carbon dioxide used to inflate your abdomen can cause pain the shoulder area following surgery. Take *Advil*, *Tylenol*, or *Nuprin* for pain relief. **Do not take aspirin.**
9. You may experience moderate vaginal bleeding for 2 to 6 days. Refrain from intercourse until bleeding has stopped.
10. The stitches used to close the incisions are dissolvable and covered by small adhesive bandages. Take showers daily and let water splash on the incisions. This keeps them clean and encourages healing. The small adhesive bandages may fall off after 7 days.
11. **Call your office immediately** if you experience any of the following symptoms:
  - ❖ Bleeding as heavy as the heaviest flow during your menstrual period.
  - ❖ Severe pain.
  - ❖ A temperature of 100.4° degrees or above.
  - ❖ Difficulty urinating.
  - ❖ Any heavy discharge from the navel.

After hours or on weekends or holidays, call the answering service and have the on-call physician paged.

**Note: All surgical procedures must be approved and authorized by your insurance carrier.**