Diagnostic Laparoscopy (pelvic)

**Diagnostic Laparoscopy** involves using a laparoscope, which is a thin, light tube that allows the surgeon to view your pelvic organs through tiny incisions in your abdomen.

Common reasons for doing laparoscopy: Endometriosis, adhesions, ovarian cysts or tumor, fibroids, laparoscopically assisted vaginal hysterectomy.

**Before the day of surgery:**
- Ask your doctor if you need to stop blood-thinning medicines like aspirin or coumadin.

**On the day of surgery:**
- You will need to arrive 1 ½-2 hours before surgery. A nurse will interview you, start an IV and answer any questions you have.

**Diet**
- Clear liquids initially. Gradually advance to a regular diet.

**Medications**
- Take pain medications as instructed by your physician to keep pain under control.
- Resume all medication as taken before the surgery unless otherwise instructed by your doctor.

**Discomfort**
- Shoulder discomfort is common for 24-48 hours after surgery due to the carbon dioxide gas used to inflate the abdomen. The gas allows the surgeon a better view of the pelvic organs.

**Activities and restrictions**
- No driving or strenuous activities for 24 hours.
- Showers are preferred to tub baths.
- A small amount of bloody vaginal drainage is normal for a few days.
- No tampons, douches or sexual intercourse until ok’d per the doctor

**Wound care**
• There will be several small incisions on the abdomen which may be closed with a dissolving suture and covered with small nylon strips called steri strips. Surgical glue may also be used.

• If you have narrow strips of tape across your incisions, do not remove them—they will eventually fall off.
  • Observe the incisions daily for signs of infections redness, swelling, increased tenderness, discharge or fever.

**Reasons to contact your physician**
• Excessive bleeding
• Abdominal cramping more severe than menstrual cramps
• Prolonged nausea or vomiting, fever and/or chills
• Swelling in legs or tenderness in calves
• Signs of wound infection like redness, swelling, drainage (pus)
• Shortness of breath, chest pain, or unusual sputum