

## 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