

# ***Laparoscopy***

***Information for patients***

**Fertility Clinic  
Aberdeen Maternity Hospital**



diagram

The female genital tract



diagram

Laparoscopy

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The next step in your fertility tests is a laparoscopy. This leaflet is to help you understand what it involves.

## ***When can my laparoscopy be done?***

You should by now have a date to come into Hospital.

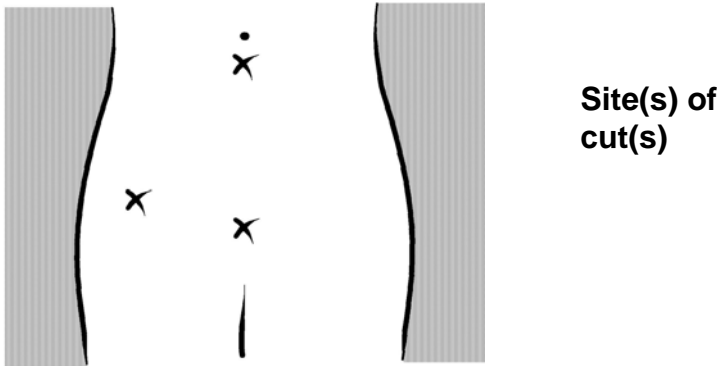
- This investigation can be carried out at any time during your cycle but **not** when you have your period and **not** if you may be pregnant.
- It is **important** that you **do not get pregnant** during the cycle in which you have your laparoscopy. In other words, you should use barrier contraception from the first day of your period until your next period starts.

## ***What happens?***

Laparoscopy (or “lap and dye”) is a type of keyhole surgery. It is a minor operation performed under general anaesthetic, so you will be asleep.

During the operation:

- A fine tube is passed into your bladder to empty it.
- A small cut, of about 1cm, will be made just below your tummy button where the laparoscope (or telescope) will be passed.
- One or two other small cuts may be made to allow the use of other instruments, if needed.
- Gas (carbon dioxide) is used to inflate your tummy to allow the doctor to see.



- Dye will then be passed through your cervix (neck of womb) to see if it passes through your fallopian tubes.
- The laparoscope is then used to look carefully at your uterus (womb), ovaries, fallopian tubes and surrounding area.

This operation normally takes about 15 to 30 minutes.

### ***How will I feel afterwards?***

You may have some pain at the tip of your shoulder. This is caused by irritation from the gas used to inflate your tummy and is quite normal. The gas can take up to 5 days to dissolve.

Your wound(s) can be tender and your tummy may feel bloated.

The stitches used are made of dissolving material, so they do not usually need to be removed. They can take a while to dissolve and come out and some women find it uncomfortable to wait for this to happen. **The stitches in the wound can be removed 7 days after your operation.**

**Please make an appointment with your GP, Practice Nurse or Fertility Clinic staff if you wish to have them removed**

The ward will offer you painkillers on the day of your operation if you need them. They will also give you some to take home with you. You may wish to take these regularly for a couple of days, or until you feel better. If you are sore, allow yourself to rest. You may need to allow for between 3 to 5 days off work.

***When can I go home?***

Someone will need to collect you from hospital, look after you and be with you at least overnight. You can get home in the early evening if you are a day case. Whoever is coming to collect you should phone the ward between 5pm and 6pm to check that you are ready to go.

If you have been booked as an in-patient, you can normally go home the morning after your operation. We still advise that you have someone to pick you up.

**For 24 hours after a general anaesthetic you are strongly advised:-**

- **Not to drink alcohol**
- **Not to drive or cycle**
- **Not to operate machinery or use kitchen appliances**
- **Not to sign any legal documents**
- **Not to smoke**
- **Not to use any drugs unless prescribed by a doctor**

**A responsible adult must escort you home. A responsible adult must stay with you for 24 hours.**

### ***Are there any risks?***

This is a relatively safe procedure.

As with any surgery, however, there are potential risks that you need to be aware of. It should be pointed out that **these complications are rare.**

There is a risk of damage to the bowel or to a large blood vessel in the tummy during the procedure. This can happen in about 1 in 1000 patients. A bigger operation would be required to put things right. You may wish to discuss the risk of complications with your doctor at the Fertility Clinic.

If there is a complication you will probably need to stay in hospital for longer than anticipated.

If you happened to be pregnant at the time of your laparoscopy, the procedure may inadvertently disturb the pregnancy.

**If there is any chance you could be at risk of conceiving when the procedure is scheduled then it MUST be rearranged.**

### ***When do I get my results?***

The findings of the laparoscopy will be given to you before you go home. Your results will be discussed in more detail at your follow-up Fertility Clinic appointment. If you did not make a date for this appointment when you booked your laparoscopy, please contact the Fertility Clinic to arrange one.

### ***Contact telephone number***

If you have any further questions, or feel that you would like to talk to someone before your return appointment, then you can contact the Fertility Clinic Sisters on:

**Fertility Clinic**

**☎ (01224) 552719 ☎**

**or**

**☎ (01224) 550693 ☎**

**This leaflet is also available in large print and on computer disk.**

**Other formats and languages can be supplied on request. Please call Quality Development on (01224) 554149 for a copy. Ask for leaflet 0365.**

Feedback from patients and carers helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know.