

## What do I do with my wound and stitches?

Keep wounds clean and dry for 1 week and then you may remove the dressings and shower/bath as normal.

## Will I need time off work?

It is advisable to take 1-2 weeks off work. You may return to work when you can perform your job comfortably. The Day Surgery Unit can provide you with a certificate to resume work.

## Can I drive?

You should not drive for 24–48 hours after your anaesthetic.

## Can I engage in sexual intercourse?

Intercourse may be resumed when you feel comfortable and ready.

## Will I require follow-up appointments?

If you require an outpatients appointment following your surgery it will be sent to you at home.

## Reference source

- NHS Choices  
[www.nhs.co.uk](http://www.nhs.co.uk)

**These notes will not cover everything.**  
If you want to know more, please ask.

## Contact details

If you require further advice, please do not hesitate to contact the Day Surgery Unit.

### Day Surgery Unit

**Telephone:** 01483 406783, Mon–Fri, 8am–6pm

### Surgical Short Stay Unit

**Telephone:** 01483 406828

### Out of hours advice

Call 111 (formerly NHS Direct)

## PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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# Laparoscopy Dye Test Division of Adhesions

## Day Surgery Unit Surgical Short Stay Unit



## Patient information leaflet

## What is a Laparoscopy?

Two or three small cuts are made in your lower abdomen. A tiny fibre-optic camera is passed through the cut in your belly button in order to examine your abdominal organs, particularly the area surrounding your uterus (womb) and ovaries. The abdomen is inflated with gas during the procedure so that the surgeons can see the organs more easily.

The procedure is primarily for investigation. However, certain treatments can be performed at the same time.

### **Division of adhesions**

Sometimes after abdominal surgery or endometriosis, areas of the bowel 'get stuck' to the uterus or ovaries. These areas, known as adhesions, can cause abdominal pains and affect fertility. During laparoscopy, these areas can be identified and separated using tiny scissors, cautery or a tiny laser.

## What is a dye Test?

This is an investigation into infertility. It involves placing a tube through the cervix into the uterus and passing dye through the fallopian tubes. This shows if the tubes are open or blocked.

## Treatment of endometriosis

If the surgeons find areas of endometriosis (areas of womb lining found outside the womb) they can be cauterised, lasered or excised. This will only be attempted on very small areas of endometriosis.

If larger areas of endometriosis are found, your surgeons will discuss treatment options with you after your surgery.

## What are the alternatives?

Problems with the pelvic organs can be identified on an ultrasound. You may have had this procedure already. However, a laparoscopy is the best method of identifying problems. It also has the added advantage of allowing the above treatments to be performed at the time of your laparoscopy.

It is essential that you do not have unprotected sex in the month before the date given for your procedure.

## Potential complications

There is a small risk of bowel perforation or injury to a blood vessel, bladder or ureters in which case it would be necessary to make a larger cut to make the necessary repair.

## What will happen after my procedure?

### **Will it hurt?**

Some discomfort is to be expected following any type of surgery. Painkillers will be given on the ward as required. You may also be provided with painkilling tablets to take at home.

You may experience some shoulder tip pain caused by trapped gas from the operation. This will diminish gradually. You may also find walking around gently and sucking strong peppermints helps relieve the discomfort.

## Will there be any vaginal bleeding?

You may have some vaginal bleeding. Sanitary pads are advised as the use of tampons is best avoided until your next period; this is to reduce the risk of infection.

If you have a dye test, you may notice that your vaginal discharge appears blue or green. This is due to the dye used in the procedure.

If you have any persistent pain or excessive bleeding, please contact the Day Surgery Unit for advice on **01483 406783** between 8am–6pm or your family doctor at any other time.

If vaginal bleeding persists (longer than 1 week) becomes heavy with clots or offensive smelling, contact your family doctor for advice.

## When can I resume exercise and lifting?

Once your stitches have dissolved and your wounds have healed, exercise can be resumed as normal, as long as you feel comfortable.

Please avoid lifting and carrying objects that are heavier than 2 pounds/1kg for the next week. This includes household cleaning, carrying shopping and heavy gardening.

Where lifting is unavoidable (small children etc.) bend your knees and not your back. Keep your feet shoulder-width apart to keep you stable. Carry the object against your body. Bend at the knees to put the object down.

You may find it helpful to prepare children for your operation and that you may be unable to lift them up afterwards. As an alternative, kneel down and cuddle them at their level.