

# 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.

## 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.
- Tampons may be used.

## Wound care

- There will be several small incisions on the abdomen which will be closed with a dissolving suture and covered with small nylon strips called steri strips.
- Observe the incisions daily for signs of infections redness, swelling, increased tenderness, discharge or fever.
- Leave the steri strips in place until they begin to curl. (Remove steri strips the day after surgery).

**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
- Shortness of breath, chest pain, or unusual sputum