

# Day Surgery Unit

## Laparoscopy and Dye

This information describes what to expect, before, during and after this operation.

Please contact a member of nursing staff at the Day Unit if you wish to discuss this operation further before your admission to hospital. (Contact numbers can be found at the end of this leaflet).

### The Procedure

A small incision (cut) is made just below the navel and a laparoscope (fine telescope) is passed into the abdominal cavity. The abdomen is then inflated to separate the organs and make them visible. Another small incision is made lower down the abdomen in order to enable the surgeon to operate. At the end of the operation, the abdomen is deflated.

A stitch may be placed in the small wounds.

### Why do I need a Laparoscopy?

A laparoscopy may be performed for diagnostic purposes, in order to investigate the cause of recurrent pelvic pain or disorders of menstruation.

### Laparoscopy and Dye test (Lap & Dye)

A laparoscopy is also used to investigate infertility. A Lap & Dye test involves the injection of dye up through the neck of the womb using a fine tube. Through the laparoscope, it is possible to observe the flow of the dye out of the ends of the Fallopian tubes, if they are clear. These tubes carry the eggs from the ovary to the womb, to be fertilised. If they are blocked, no dye is seen.



# Patient Information

If you are having a Lap & Dye test, it is important that you are not menstruating at the time of your operation. If you think your period may be due on the day of surgery, please contact your consultant's secretary to arrange another date.

## Before your operation

You will be having a general anaesthetic, so you will have a pre-screening appointment to assess your suitability for day surgery, before you are given a date for your operation. At this appointment the nurse will take details of your:

- Medical history
- Current medication
- Home care arrangements after you have been discharged from hospital.

Please use this opportunity to ask any questions about your surgery and after-care.

You will also be given instructions about preparing for your operation, which will include advice about:

- Having a bath or shower before you come to the hospital
- Eating and drinking
- Taking your normal medication, if appropriate
- Returning to work after surgery

## On the day of surgery

- You should have a bath or shower before you come to hospital.
- If you wear contact lenses, you will need to remove them before your operation. Please bring your spectacles or an extra pair of contact lenses with you.
- On admission to the unit you will be greeted by a nurse who will check that your details are correct.
- The surgeon and the anaesthetist will talk to you and you will be invited to ask any questions you may have.
- A member of staff will escort you, as you walk to the operating theatre.

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### **Following your operation**

You will be transferred to the ward area where nurses will continue to monitor your condition. You may feel some discomfort, particularly in your upper chest and shoulders. This is due to the abdominal inflation during surgery. Please inform the nurse looking after you, so that pain relief can be given.

As long as you do not feel sick following your general anaesthetic you will be encouraged to have something to eat or drink, before going home. Please tell staff if you do feel sick. After about one or two hours, if the nurse feels you are sufficiently recovered, you may be discharged home. You will be required to pass a minimum volume of 150mls urine before being discharged. This will be measured by nursing staff.

### **Care at home**

You may experience some discomfort around your umbilicus (navel) and over your abdomen for a few days. You will be prescribed painkillers to take home with you. Please take only as directed on the packaging.

Your wound will probably have dissolvable stitches. Although these do not need removing, it is recommended that you have your wound checked by your GP Practice Nurse after four or five days.

The wound should be left uncovered if it is dry. You will be given advice you about your wound care before you go home.

If you have had a dye test, you should wear a sanitary towel to protect your clothing from the discharge of the blue dye.

If a sample of the womb lining has been taken for investigation, you will be notified about the results by telephone.

Some patients are troubled by 'wind' following laparoscopic surgery. This can be relieved by gently walking around and by taking mild painkillers.

You should move around gently, gradually building up to normal activities. Sexual intercourse should be avoided for two weeks.

### **Avoid any heavy lifting for at least six weeks.**

You may drive when you feel you can safely perform an emergency stop. This will not be for the first 48 hours following your surgery. Please

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check that your insurance policy does not prohibit you from driving for a longer period, following general anaesthetic or surgery.

You will need one week away from work, depending on your occupation. Your surgeon will be able to advise you about this and your GP will provide the necessary sick notes.

## Possible Complications

All operations carry some risk. These are rare, and every effort is made to keep these to a minimum. Those associated with this operation include:

- Slight oozing of blood from operation site
- Infection at the operation site
- Significant blood loss
- Perforation of the bowel, bladder or blood vessels, which may require an operation to repair the damage.

Please contact your GP if you develop:

- A temperature
- Fresh bleeding or bruising, redness or swelling at the operation site
- Pus or drainage from the operation site
- Vaginal discharge which has an unpleasant smell
- Prolonged or severe pain

## Patient Information

**If you have any problems or cause for concern please contact:**

Your GP

or the Day Unit: 024 7696 6868

024 7696 6861

The Day Surgery Unit opens at 07.30am and closes at 9.30pm Monday to Friday.

Reception is staffed between 07.30am and 5.00pm Monday to Friday and an answer phone is available for out of hours calls.

Outside these hours please contact 024 7696 4000 (Hospital switchboard) and ask to speak to staff on the Gynaecology ward.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

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