



Preparing for your Laparoscopy

Laparoscopy is a procedure that uses a thin surgical telescope (laparoscope) with a camera on the end to allow your surgeon to see the inside of your abdomen (belly).

Before the procedure: A pre-operative phone call will review your health and provide important instructions, such as:

- What time to arrive at the hospital for your surgery
- How to manage your medications. **Instructions may be different for different medicines**
- Remove **all** metal (piercings, jewelry, hair accessories), cosmetics (eyelashes, nails/nail polish), and contacts.
- Shower with an antibacterial wash 1-2 days before your surgery. Please clean your belly button!
- What time you should stop eating and drinking (this includes water, gum, cough drops, and hard candy).

When you arrive:

You will change into a hospital gown

You will meet the surgical and anesthesia teams and review any questions that you might have

You might get an IV (a tube in your arm), and you might be asked to give a urine sample in a cup

During the procedure: A small incision (surgical cut) will be made in the belly button. A small tube is used to fill the belly with carbon dioxide gas. The surgeon will insert the camera into this incision and may make 1-3 more incisions. These incisions will be closed with stitches that dissolve on their own and surgical glue or bandages.

After you go home: You will probably feel tired for most of the day. This is normal!

- For surgical pain, take over-the-counter pain medicine every 3 to 4 hours for the first 2 days.
- Please alternate taking ibuprofen, then 3 hours later, take acetaminophen, if this is okay with your surgeon.
- After the first 2 days, you can keep using these medicines every 6 to 8 hours as needed.
- You might have shoulder pain: try acetaminophen and a heating pad. This should resolve in about 48 hours.
- You might have a sore throat: try salt water gargles and throat lozenges. This should resolve in about 48 hours.
- Do not shower for 24 hours after your surgery. Let warm water and mild soap run over the incisions. Do NOT rub or pick at the incisions. Bruising around incisions is normal.
- There are no restrictions on what you can eat.
- Try laxative powder or stool softeners once or twice a day to help avoid constipation, which is common.
- Resume normal activity. Avoid swimming or soaking in a tub for 2 weeks. Do **NOT** drive a car until you feel comfortable stomping on the brake pedal as hard as you can.

Follow up: You may have an appointment 1-2 weeks after the procedure to review any results and assess healing.

When to call your doctor: If you have a fever over 100.4°F (38°C). • Uncontrolled pain despite pain medication • Any draining, swollen, warm, or open incision sites • Vomiting after 24 hours • Heavy vaginal bleeding (filling 1 pad each hour for more than 2 hours) or any other questions or concerns.