

Laparoscopic examination

These instructions are intended for printing. The instructions contain sections to be filled in.

The examination is usually performed to determine a cause of pain and/or infertility.

Procedure

The procedure is performed under general anaesthesia using keyhole surgery through a few small incisions. An optical instrument is used to view the condition of the lesser pelvis and, often, the abdominal cavity. To find out the cause of infertility, colouring agent can be injected into the uterus via the vagina to determine openness of the fallopian tubes. The procedure takes approximately 30 minutes.

Recovery from the procedure and anaesthesia takes 4–6 hours on average at the ward.

Wound care

The wounds have absorbable sutures, which do not have to be removed. You may shower 24 hours after the surgery. Remove the folded bandages on the wounds before showering. You may go to sauna one week after the procedure when the wounds have healed. Swimming and bathing are allowed 2 weeks after the procedure.

Avoid heavy physical effort during your sick leave. You should avoid intercourse as long as you experience vaginal discharge.

Treatment of pain

Usually, non-prescription painkillers are enough for home treatment. You may experience stinging pain in your shoulders or arch of ribs (costal arch) on the upper abdomen. These feelings disappear within one or two days. Exercise and, if required, painkillers help.

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Sick leave is 3 days.

Follow-up visit is usually arranged to the Gynaecological Outpatient Clinic and in some cases with the referring doctor.

Contacts

If you experience inflammatory symptoms (redness, swelling, continuous wound discharge, or fever) or your vaginal discharge continues for over 10 days, you should contact your health Centre or occupational health Centre.

Gynaecological Outpatient Clinic on working days from 14.00–15.00, telephone 06 213 2012

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.