



Laparoscopy Discharge Information

What is a laparoscopy?

A laparoscopy uses a tool called a laparoscope to allow your healthcare provider to look more closely at organs and tissues in your abdomen (belly) or pelvis (area below the belly and between the hips). These organs include the liver, intestines, gallbladder, appendix and, in women, the uterus, ovaries, and fallopian tubes. A laparoscope is a thin tube with a light and tiny camera. It is placed through a tiny incision (cut), usually next to the belly button. The camera shows a view of the abdominal organs on a TV monitor. It may help your provider find and treat the cause of medical problems you may be having, such as:

- Pain, an abnormal lump, or fluid in your abdomen
- Appendicitis
- Liver disease
- Gallstones
- Trouble getting pregnant
- A possible tubal pregnancy
- Uterine or ovarian problems

How can I take care of myself when I go home?

How long it takes to get better depends on what your provider found and what additional treatments you may have had during the laparoscopy. In most cases, you can usually return to a normal lifestyle within 4 to 5 days, but it may take longer for your normal energy level to come back.

Management

- Your provider will give you a list of your medicines when you leave the hospital.
 - Know your medicines. Know what they look like, how much you should take each time, how often you are to take them, and why you take each one.
 - Take your medicines exactly as your provider tells you to.
 - Carry a list of your medicines in your wallet or purse. Include any nonprescription medicines and supplements on the list.
- Your provider may prescribe medicine to:
 - Treat pain
 - Treat or prevent an infection

- Prevent side effects, such as nausea or constipation, from other treatments
- Soften stool and reduce straining with a bowel movement
- To care for your incision:
 - Keep your surgery site clean.
 - If you are told to change your dressing, wash your hands before changing the dressing and after disposing of the dressing.

Appointments

- Follow your provider's instructions for follow-up appointments.
- Keep appointments for all routine testing you may need.
- Talk with your provider about any questions or fears you have.

Diet, Exercise, and Other Lifestyle Changes

- Follow the treatment plan your healthcare provider prescribes.
- Follow activity restrictions, such as not driving or operating machinery, as recommended by your healthcare provider or pharmacist, especially if you are taking pain medicines.
- Get plenty of rest while you're recovering. Try to get at least 7 to 9 hours of sleep each night.
- Eat a healthy diet.
- Drink enough fluids to keep your urine light yellow in color, unless you are told to limit fluids.
- Find people to help you with your day-to-day duties while you are healing.
- Do not do any heavy lifting or otherwise strain the stomach muscles for 4 to 6 weeks.

Call your healthcare provider if you have new or worsening:

- Signs of infection around your surgical wound. These include:
 - The area around the wound is more red or painful.
 - The wound area is very warm to touch.
 - You have blood, pus, or other fluid coming from the wound area.
 - You have a fever higher than 101.5° F (38.6° C).
 - You have chills or muscle aches.
- Blood in vomit
- Blood in bowel movement
- Dizziness
- Fainting