

Patient Information sheet

LAPAROSCOPY AND BIOPSY

Your Doctor has decided that you need to come into hospital for laparoscopy. A laparoscopy is carried out under a general anaesthetic. It involves looking at the organs in the pelvis or abdomen with a fine telescope called a laparoscope. Sometimes when a laparoscopy is carried out it may be necessary to take some biopsies to help in making a diagnosis.

This is usually a day case procedure unless you have medical problems which require a longer stay in hospital.

The doctor will make a small cut below your tummy button and a fine needle is inserted. This is used to fill up your tummy with gas so that the womb, tubes and ovaries can be seen. Another small cut is made on your abdomen then the laparoscope is passed into the tummy with a camera attached.

The laparoscope is removed at the end of the operation and the gas is removed and the cuts on your tummy are stitched. This operation usually takes about 20 – 30 minutes.

Risks and Complications

Every operation carries a small risk. Laparoscopy and biopsy is a very common procedure and is usually straightforward. Sometimes it is not possible to get a good view of internal organs and this may be due to previous surgery or because of weight problems. If this is not possible then we would stop the procedure and when you are awake we will discuss other options with you.

There is a small risk that bleeding can result from this procedure, if this happens then this may result in a larger cut being made in your tummy and would result in a longer stay in hospital. The anaesthetist will discuss the risks associated with a general anaesthetic.

What Happens After?

When you wake up you may feel a bit sleepy for a short time. Painkillers will be given to help with any discomfort you may feel. Let us know if the painkillers do not help the pain. You can experience a wind type pain, between the shoulder blades and under the ribs, this is caused by the gas we put into your tummy. You will be encouraged to mobilise as soon as possible, sometimes sipping peppermint can help. If the pain does not settle please let your doctor or nurses know.

When you go home it is Important that you allow yourself time to heal. We recommend that you do not do any hovering or ironing and don't lift anything heavier than a kettle for a couple of days but then you can gradually build up to normal activity over the next few days. You can start swimming and exercising after about three weeks.

You should feel fit enough to return to work within a week, unless you have a heavy job and then you may need up to two weeks off work.

Do not drive for 4-5 days even if you feel fit enough if the abdominal muscles are sore it may be difficult to do an emergency stop.

The stitches in your tummy may dissolve or need to be removed this is usually within one week. You may notice some bruising around your wound site and this should subside within a week. Any redness or swelling should be reported to your GP. Keep the wound clean with a daily bath or shower and dry well with a clean towel.

Your biopsy results will be available 7 days and we will make a clinic appointment for you to discuss these with the doctor. You are welcome to bring a friend or relative with you when you attend.

Main Hospital Number:

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