



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Diagnostic Laparoscopy

Information for patients, relatives and carers

Obstetrics and Gynaecology

York Hospital
Wigginton Road, York, YO31 8HE
Telephone: 01904 631313

Scarborough Hospital
Woodlands Drive, Scarborough, YO12 6QL
Telephone: 01723 368111

① For more information, please speak to your
consultant's secretary

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What happens before surgery?

On your arrival the nurses will introduce themselves to you and explain what will happen during your stay. You will be asked about your present medicines, any allergies you may have, your arrangements for going home and who is to look after you. Please bring your completed admission form with you. Do not hesitate to ask if there is anything about which you are uncertain. You will be asked to sign a consent form (reference FYCON13-1 Diagnostic Laparoscopy). You sign to confirm that you agree to the procedure and understand the information given to you. The form will be kept in your patient notes, and you will also be given a copy for your own records.

You will need to change into a theatre gown and then be escorted to the theatre where your identity will be checked as part of safety procedures.

If you are having a general anaesthetic, your anaesthetist will speak to you before your operation, discuss any problems with you and check when you last had anything to eat or drink.

If you have a pre-assessment appointment, you will be given a leaflet that describes what you should expect when you come into hospital for surgery.

What are the benefits?

This procedure has been recommended by your doctor. It involves inspecting the organs in your abdomen and pelvis (uterus, tubes and ovaries) we also look at the bowel and for any scarring and we may see the edge of the liver. This will help diagnose your problem and so we can suggest management and treatments specific to you.

What happens during surgery?

A small telescope will be inserted through a cut in your belly button to have a careful look inside at your womb, tubes and ovaries. The bladder is emptied first with a catheter (a thin tube) which is taken out again. An internal vaginal examination is performed, and an instrument is introduced through the cervix into the womb to help move the womb, so all of the pelvis can be seen adequately. Sometimes a second cut (less than one centimetre) is needed just above your pubic hair. This second cut helps the surgeon gain a better look at your pelvis.

Are there any risks?

The most common risks following the operation are of a little vaginal bleeding and shoulder, chest or abdominal pain. These occur in nearly all patients. You will be given painkillers to help with the discomfort.

There is a small risk of serious complication associated with this procedure (about two in 1000 cases). This can be:

- Damage to organs such as cervix, uterus, bladder, bowel and blood vessels; if this occurs you may require a laparotomy, which is a large cut down your tummy to repair anything that has been damaged. The risk of needing a laparotomy is increased with obesity and/or previous abdominal surgery.
- There is a risk of having a subsequent hernia.
- A very small risk arising from the use of carbon dioxide during the procedure, such as the gas bubbles entering your bloodstream.
- Other complications due to the anaesthetic or very rarely, death (three to eight in 100,000 cases).
- In a small number of women, probably less than one in 100, it may not be possible to complete the procedure safely and you will be woken up and the next step discussed with you.

What are the alternatives?

The alternative is not to have the procedure, but this may mean we don't have sufficient information to make an accurate diagnosis.

What happens after surgery?

After surgery, you will be taken to the recovery area where a nurse will monitor your progress. Then you will be taken back to your bed in the ward area. When you are able to sit up you will be offered a drink.

Your consultant will discuss the results and treatment with you before you go home.

When can I go home?

You will be able to go home, accompanied by a responsible adult, when it is felt you are ready. This is usually after you have had something to eat and drink and been able to get to the toilet. Remember you must not drive yourself home or use public transport.

A nurse will go through all the discharge instructions with you and give you all the necessary papers. Please do ask if you are unsure of any of the instructions.

What else do I need to know?

You may experience period like discomfort and some pain in your shoulders. This should respond to simple painkillers, which will be given to you before you leave the unit.

You may have a stitch in the wound that needs to be removed, but you will be told about this before you go home. Most stitches used dissolve and do not need to be removed.

You will need help at home if you have small children. Do not have sexual intercourse until any bleeding or discharge has settled.

Most people take a few days off work to help them recover.

If you have any problems in the first 24 hours after your discharge from hospital, please telephone:

Day Unit (York): Telephone: 01904 726010
Between 8am and 6pm or

Ward G1 (York) Telephone: 01904 726001
Anytime within the first 24 hours.

Lilac Ward (Scarborough): Telephone: 01723 344805

Lloyd Ward (Bridlington): Telephone: 01262 423134

Waiting List Office	01904 725132
Family Planning Clinic Monkgate	01904 725432

**Gynaecology secretary telephone numbers -
Scarborough**

Waiting List Clerk	01723 342249
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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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