

# Laparoscopy

**To diagnose certain problems, a doctor needs to look directly into the abdomen and at the reproductive organs. This can be done with laparoscopy. A laparoscope is a small telescope that is inserted into the abdomen through a small incision (cut). It brings light into the abdomen so the doctor can see inside.**

## **Uses of Laparoscopy**

There are several reasons why laparoscopy may be recommended. Laparoscopy may be used if you have problems with infertility or if you want to be sterilized. It is also used to check for ectopic pregnancy, causes of pelvic pain and masses.

## **Diagnosis and Surgery**

Laparoscopy is often used to diagnose causes of abdominal pain. If the doctor finds that he or she can treat the condition during the procedure, diagnostic laparoscopy can turn into operative laparoscopy. This procedure is used to treat many health problems.

## **Benefits of Laparoscopy**

In the past, most surgery involving reproductive organs was done by laparotomy. Now, many of these same procedures are done through the laparoscope. There are many benefits to laparoscopy — a shorter hospital stay, smaller incisions and a shorter recovery.

## **The Procedure**

The anesthesia used depends on the type of procedure, your doctor's advice, and your personal choice. General anesthesia is usually used so that you will not be awake.

After the anesthesia is given, a small cut is made below or inside the navel. A gas, such as carbon dioxide or nitrous oxide, is usually put into the abdomen. The gas swells the abdomen so the pelvic reproductive organs can be seen more clearly.

The laparoscope is placed through the cut. Another cut is often made above the pubic region. Through this cut, an instrument is used to move the organs into view.

Other surgical instruments can be inserted through the scope or through another small cut.

After the procedure, the instruments are removed and the gas released. The cuts are then closed, usually with stitches that dissolve. In a few hours you can go home. You should plan to have someone take you home and stay with you, at least for awhile.

## **Possible Problems**

Although problems seldom occur with laparoscopy, there can be some complications. You may have some bleeding, reactions to the anesthesia, or injury to other organs.

## **Recovery**

The recovery time from laparoscopy is much shorter than that from regular surgery. It is safe to resume normal activities as soon as you feel up to it, usually within a few days. If you are sexually active, talk with your doctor about when you can have sex again.

## **Finally ...**

Laparoscopy can be useful in diagnosing and treating many gynecologic problems. It has taken the place of surgery in some cases and offers the benefits of fewer problems and shorter recovery.

If there are questions please call the Gynecology outpatient clinic of the hospital telephone number (0318) 43 51 50