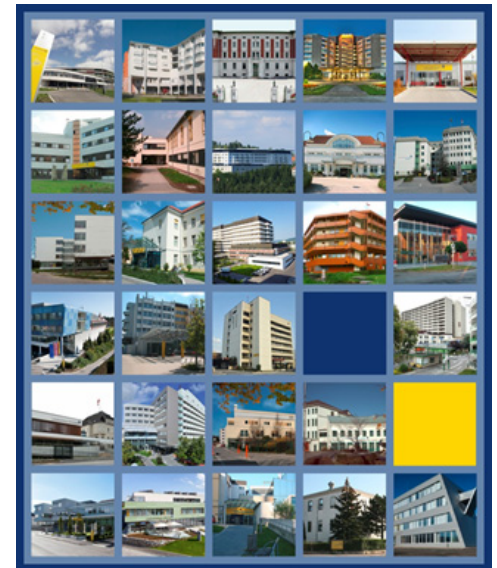


We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your gynaecology team

Gynaecology and midwifery

Discharge information



Behaviour after a laparoscopy (abdominal endoscopy)

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Dear Patient,

An abdominal endoscopy has been performed.

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Please observe the following for the most favourable treatment outcomes:

- Physical rest for two weeks
- Avoid full baths, and visiting the sauna and swimming pool for two weeks
- Check-up with your consultant in four to six weeks

General guidelines for behaviour

- Ensure plentiful fluid intake.
- You can eat and drink whatever you like (normal diet). However, foods and drinks which cause flatulence should be avoided.
- Exercise outdoors in the fresh air; walking is recommended.
- A slightly swollen abdomen with shooting pains radiating into the shoulder is possible in the first week after surgery; this is due to the gas used with the surgical technique.
- The duration of sick leave will be determined by your GP.

In the case of fever, severe lower abdominal pain or heavy bleeding, you should visit your consultant or the gynaecological outpatient clinic.

