
Gynaecology / Day Surgery Unit

Laparoscopic Sterilisation

What is laparoscopic sterilisation?

Laparoscopy is the examination of your internal organs using a small telescope (about the size of a pencil). Through the telescope the surgeon can visualise your uterus, ovaries, fallopian tubes and other structures within your pelvis. The laparoscope is introduced through a small incision, usually through your tummy button. Another incision, about the same size, will be made lower down on your tummy to perform the sterilisation.

Sterilisation is a procedure which involves blocking or removing the two fallopian tubes. This prevents the sperm from reaching the end of the tubes where fertilisation occurs.

Benefits of the procedure

- To prevent the patient becoming pregnant.

What can I expect after my operation?

You may experience some soreness around the cuts, a feeling of bloatedness in your tummy and aching around your shoulders. This is caused by some air which is introduced into your abdomen during the operation which helps to obtain a better view. Most of the air is dispersed before the end of the operation, but sometimes a little may lodge beneath the diaphragm causing upward pressure. This will be absorbed usually within 24 hours after your operation and you will be given some tablets to take home which should relieve the discomfort.

What should you do at home?

You may experience some abdominal or shoulder pain because of the air, which will last for a week. Take your painkillers regularly for a couple of days. Gentle exercise, such as walking, may help to disperse the pain.

Activity

- Slowly increase your activity. Do not do intense exercise, sit ups or heavy lifting for six weeks.

Return to work

- You should not return to work until you feel back to normal. You should take it easy for about a week after your operation and avoid lifting heavy items.

Dressing

- If you have a mepore (self adhesive, absorbent) dressing, keep the dressing dry for 48 hours and then you can remove it, unless you find it catching on your clothes. If it is tegaderm (waterproof dressing) keep the dressing dry for five days.

Incision

- You have stitches which will dissolve; they do not need to be removed. If you experience redness, tenderness or bleeding, please make an appointment with your practice nurse. To control pain when coughing, hold a pillow over your incision.

Shower/Bath

- You may have a shower after 48 hours.
- Avoid long baths for two weeks just in case your stitches dissolve before the healing process.

Contraception

- The sterilisation may not protect you against pregnancy until your next period.
- Depending on your individual case, the doctor will advise you on whether you need to take precautions until then.

Sexual Intercourse

- You may feel sore initially. It is safe to resume when you have stopped bleeding and you feel comfortable.

Driving

- Driving may be resumed three to five days following surgery or when you feel comfortable. Care should be taken after that point if you are still taking pain medications.

Call your GP if you experience the following:

- Severe pain
- Increased bleeding
- Signs of infection: High temperature
Foul smelling discharges

Further Information

If you are worried about your condition, contact one of the following:

1. Addenbrooke's Day Surgery Unit 01223 256330
2. Gynaecology Ward L4 01223 348500
3. Your Consultant's registrar 01223 245151
4. Your General Practitioner

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माहिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभजी शकाय जेवा माध्यम (ओडीओ डोमेन्ट)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بکے نہ گھر نہ وزانیاریہت دہوی بہ زمانیکی تر , بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگراپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروگراموں تو ہر ایس کے لئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.

For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document History

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