

THE ORIGIN INTERNATIONAL FERTILITY CENTRE

LAPAROSCOPY & HYSTEROSCOPY INFORMATION LEAFLET

This leaflet is meant to help you understand the procedure of laparoscopy & hysteroscopy, so that you can be better prepared, physically and mentally. These are general instructions applicable to most patients undergoing a laparoscopy & hysteroscopy. According to individual situation, doctors will advise you personally. In that case, all this information may not be applicable to you. You are encouraged to gather as much information as is necessary from the hospital. We are here to help you and will make our best efforts to make your stay at the hospital very enjoyable and stress free.

What is a Laparoscopy?

This involves putting a telescope measuring 5 or 10 mm in diameter through the umbilicus into the tummy. This helps us to visualise the reproductive organs (uterus, tubes, ovaries and the rest of the pelvis and abdomen) on the screen. Additionally, three small cuts of 5mm length may be required on the tummy to insert other instruments that are required during the laparoscopy.

What is a Hysteroscopy?

This involves putting a telescope measuring 5 mm in diameter through the cervix (neck of the womb) into the uterus (womb). This helps us to visualize the cavity of the womb on the screen. No cuts are made on the tummy for this procedure.

Preoperative information

-Pre-operative fitness check would be done when the date of the operation is decided
-Pre-op investigations are necessary, including Complete blood count, Blood sugar, HIV, Hepatitis B and C, and VDRL. Rarely, more tests may be required depending on medical history.

Instructions before admission to hospital

-If your operation is scheduled for the morning, it is important that you do not eat or drink from midnight onwards. If your operation is in the afternoon, you may have a light, early breakfast and then fast for atleast six hours. This is for your own safety and comfort. If your stomach is not empty, you may be sick during the operation. -Please do not have any nail paints or fragrances on you before coming for the operation.

What to bring along when getting admitted :

-Please keep all your jewellery and valuables at home before coming to the hospital. All staff is busy and cannot take any responsibility of personal belongings. If you happen to bring any valuables with you, the responsibility will be fully yours. The hospital or any staff cannot be held responsible for any loss of such private property.

- Please bring your personal clothes and items of your own use.
- All bedding needed for your use will be provided
- Please keep a pillow cover, bed sheet and a shawl for your relative to use

On the day of the operation

On the date and time planned, please come directly on the second floor. You are requested to be seated in the waiting area till one of the staff members attend to you.

What to expect next?

Once you have been admitted, please change into the theatre gown provided. You will be seen by an anesthetist after admission. Please let the anesthetist know if you or anyone in your family has had problems with previous anesthetics or operations. You must also inform about any allergies or any medications that you may be taking.

A needle is put into the arm through which the anesthetic drugs are given to put you to sleep. This is also useful to give you fluids during and after the operation. This is kept till you start eating and drinking again.

Going to the Theatre

On most occasions, you will be able to walk to the theatre. Inside the theatre, there may be bright lights, lots of equipment and it may feel busy and exciting. You will be requested to lie on a hard, narrow theatre table. There will be few members of staff in theatre pyjama suites (dress) wearing caps and masks. They are all present to help. At no stage, you will be left on your own. You will need to wear a snug fitting, transparent, oxygen mask for few minutes before the general anaesthetic is given. As you go off to sleep, you will feel some pressure on your throat. It stops any acid coming up your stomach and escaping into your lungs. This is not painful, but can be uncomfortable. You will then be asleep while the laparoscopy is done. You may wake up when you return to the ward and not remember the operation at all.

Post-operative information

When the operation is over, you will be wheeled to your bed. You will be sleepy and drowsy due to the anesthetic drugs for few hours after the operation. During this time, you will be under observation including pulse and blood pressure. You may feel sick and sometimes may vomit. It is important that you take oral intake only when advised by the staff. In the presence of sickness, it is sometimes necessary to wait longer before any oral intake is started.

You can go to the toilet, but make sure that someone is present to help. Once you can tolerate the oral intake, empty your bladder and are able to walk around on your own, you could go home.

What are the possible complications?

Laparoscopy is a very commonly performed operation.

The possible complications include: Bowel injury, Bladder injury, Vessel injury, Possibility of Laparotomy

These are very rare complications with an incidence of less than 1 in 1000 patients. They are more seen in patients with risk factors such as previous surgery with a midline vertical incision, previous complicated abdominal surgery and so on

How much rest do I need?

During the first 24 hours, you need a lot of rest to recover from the operation. On the day after the operation, your recovery will get faster. On most occasions, within 48 hours, you would be able to eat and drink as usual, you can walk around comfortably and you are able to look after yourself very well. After 48 hours, you should expect to continuously get better and better. If your pain is getting worse or temperature is felt, then please contact the hospital. Sometimes, it takes longer (upto 10 days for the pain to disappear). Generally, this happens after operative laparoscopy as body needs more time to heal.

Instructions after discharge

It is important to avoid putting pressure on your tummy within the first 72 hours. Avoid lifting heavy weights, avoid walking up the stairs, and avoid standing for too long. There are no specific restrictions on your diet after going home. On most occasions, dissolvable stitches are taken that do not need removal. The small wounds need dressing for three to four days after which Band-Aids can be applied. You can have bath after the first 72 hours, but please keep the wounds covered and dry immediately after bath. As per the doctors' advice you may need to take antibiotics for a total of five days. Painkillers can be taken as and when required, but only after food and preferably with an antacid. Most patients are seen seven days after the operation to ensure that the recovery is complete and to discuss the findings and plan further treatment.

When can I go to work?

It is advisable to stay away from work for atleast the 48 hours. A maximum period of seven days is required. Most people resume work after the first 48 to 72 hours.

General Information

1. All patients for admission are requested to sign a declaration for payment as per the hospital charges.
2. Payment is accepted ONLY through Credit/debit Cards, bank transfer OR cheque in favour of "The Origin International Fertility Centre Pvt Ltd". We do NOT accept CASH 3. In case of cheque bounce, you will be penalized Rs.1000 for the bank and admin charges.
4. The room check-in time is morning 8.00am.
5. Surgery/Procedure deposit amount must be paid before the surgery.
6. Apart from the procedure cost, there can be additional cost for nursing, doctor visit, blood test, sonography, NST, any other specialist doctor charge and medicines, if the stay prolongs.
7. Kindly take care of your valuables, loss of property would not be the responsibility of the organization.
8. Food is NOT covered in the above cost. ONLY tea is provided (morning) to the patient and one attendant.
9. Attendant pass usage, visiting hours policy must be followed and this will be explained to you by our ward in charge (Visiting hour for relatives is 6.00pm to 7.00pm)
10. Nurses and helpers are available to help you 24x7 during your stay.
11. Please save electricity and shut the AC, TV and other electronic devices when NOT in use.
12. Please maintain silence in the hospital premises.
13. ONLY one attendant can be with the patient on the day of procedure.
14. It's a kind request for the attendant to be inside the room during and after the patient's procedure and NOT in the common-area of the hospital.
15. There is NO parking facility available at the hospital. You will have to park your vehicle at your own risk.
16. WiFi facility is NOT available in our hospital for patients.
17. ICU & NICU facility is NOT available in the hospital.
18. For any complaints OR feedback, please write to info@theoriginfertility.com OR contact us at +91-8879680506.

PROCEDURES FOR DISCHARGE:

Check out Time: **8.00 AM**

PATIENTS ARE REQUIRED TO VACATE THE BED LATEST BY 9.00 AM

- If the patient does not vacate the bed up to 9.00 am, they are liable to pay for the room charges for the entire day.
- A computerized discharge summary along with relevant reports will be given to the patient at the time of discharge.

To help us serve you better kindly spare your valuable time to fill up the feedback form, to enable us to give quality healthcare.

We wish you A happy & pleasant stay at our hospital!!!