

**Patient  
Information**

# Laparoscopy and dye test

## Introduction

This leaflet gives you information about infertility laparoscopy and dye test to check your pelvis and fallopian tubes.

## What is laparoscopy?

A laparoscopy is a keyhole method used to examine inside your body. This test is done under a general anaesthetic (while you are asleep), usually as a day case.

## What to expect before your procedure?

After your first consultation, you will be assessed to check that you are fit for the laparoscopy.

If you are on the pill, continue to take as normal. Please avoid unprotected intercourse during the month of your laparoscopy as if there is any chance that you might be pregnant the test would have to be cancelled.

If you think your period may clash with your laparoscopy date, please contact your consultant's secretary for advice.

## What happens during the procedure?

On the day of the test, the anaesthetist and a gynaecologist will talk to you before your keyhole surgery takes place. They will be able to answer any questions you may have.

Once the anaesthetic has been given and you are asleep, a small instrument will be inserted into your uterus, through the vagina, to help gently manipulate your womb. This is to allow for visualisation and access to the surrounding structures. A small cut will then be made below your belly button through which the laparoscope is inserted.

A further 1 or 2 additional 1 cm cuts will be needed to insert other instruments into your tummy. Dye will then be flushed through the manipulator in the uterus to check the fallopian tubes are open.

Small dissolvable stitches will be used to close the wounds when the surgeon has finished.

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Department

**Gynaecology**

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## Patient Information

The procedure will take about 15 minutes.

The findings will be explained to you before you go home.

### Possible complications

Recognised complications include:

- Damage to the bowel, bladder or major blood vessels
- Failure to enter the abdominal cavity
- Bleeding and infection
- Uterine perforation
- Bruising
- Shoulder tip pain

### After the operation

You may have a sore throat or nausea from the anaesthetic. You will be given pain relief to help with this.

You might notice some vaginal bleeding which will settle, usually within a week.

As mentioned, the stitches will dissolve, but can be removed by the practice nurse at your GP's surgery if they irritate you.

You can take a bath or shower the day after the test.

Sexual relations can be resumed as soon as you are comfortable to do so.

### When can I go back to work?

Most patients go back to work in 2 to 3 days, but some take longer. A sick note of up to a week can be given if needed. A letter will be sent to you should you need a follow up appointment.

## Patient Information

### Contact information

If you have any questions, please contact the fertility nurses on the number below. Alternatively, you can contact your own consultant's secretary.

#### Cotswold Fertility Unit

Tel: 0300 422 3128

Monday to Friday, 8:00am to 4:00pm

Website: [www.cotswoldfertilityunit.co.uk](http://www.cotswoldfertilityunit.co.uk)

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>