

## Patient information

# Laparoscopy and dye

### What is a laparoscopy and dye?

A laparoscopy and dye test is an operation to help find out why you are having difficulty becoming pregnant. There are many gynaecological conditions that may affect fertility, for example, fibroids, infection, polycystic ovaries, endometriosis and the presence of scar tissues. The dye test can show if your tubes are blocked, whilst the laparoscopy can find out if you have any of the above conditions.

Laparoscopy is a surgical procedure performed under a general anaesthetic, technique where a fine telescope called a laparoscope is inserted into the abdomen through 'keyhole' incisions. It enables the surgeon to inspect the outside of your uterus (womb), ovaries and fallopian tubes. You will usually have a small cut near to your 'belly button' and one or two in your lower abdomen.

The dye test involves the Doctor's assistant passing a dark blue dye up through the cervix (neck of the womb) whilst the surgeon follows its passage out into the fallopian tubes to the ovaries with the laparoscope. The surgeon will be able to see if there are any blockages present. Some minor treatment may be performed at the same time.

### What are the risks of a laparoscopy and dye test?

Minor complications occur in 1 - 2 cases in every 100, these include:

- Post-operative infection
- Minor bleeding and bruising around the site of the cut
- Nausea and vomiting

Major complications following a laparoscopy are rare. They occur in an estimated 1 in every 1000 cases, these include

- Damage to an organ, such as bladder or bowel

- Damage to a major blood vessel
- Damage to nerves in your pelvis

Further surgery may be required to treat any major complication.

## Following your surgery

- You may have a quick bath / shower after 24 hours, thereafter daily. Remove any dressings and replace with clean plasters if necessary.
- Any stitches will be dissolvable and do not need to be removed.
- You may experience some lower abdominal discomfort, like a period pain. This can be relieved by taking painkillers such as paracetamol and ibuprofen or other similar pain-relieving medication.
- Occasionally residual air from the surgery can cause discomfort around your shoulders (shoulder tip pain), this will gradually subside. (Peppermint water or mints may help to relieve this at home.)
- There will be some vaginal bleeding for 3 - 5 days after the operation, it may appear darker in colour because of the blue coloured dye used.
- To reduce the risk of infection, please use sanitary towels or panty liners **not tampons** until your next period. These should be changed regularly.
- Do not have sexual intercourse until bleeding has stopped to allow healing to take place.
- You may drive when you are in full control of your vehicle and can safely perform an emergency stop and look round and reverse safely.

## Results and follow-up

Before you are discharged home a member of the medical team will tell you result of the procedure and any treatment will be explained.

If your procedure is straightforward you will not routinely return for an outpatient appointment and will be returned to the care of your GP.

## Contact your GP or GP out-of-hours service if:

- You have severe pain
- Vaginal bleeding increases to more than what you would consider to be a heavy period
- The blood loss contains clots of blood
- You develop a smelly and/ or offensive discharge

If you require any further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the obstetric/gynaecology ward F10 on 01284 713235 / 713236 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or contact NHS 111

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)*  
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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