

For further information please refer to:

The Ectopic pregnancy Trust

www.ectopic.org.uk

Miscarriage Association

www.miscarriageassociation.org.uk

Recovering Well - information for you after a laparoscopy -
The Royal College of Obstetricians and Gynaecologists

www.rcog.org.uk/womens-health/patient-information

Post-operative information following a laparoscopy for an ectopic pregnancy


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You will have had this procedure following the diagnosis of an ectopic pregnancy.

You should have already received the Miscarriage Association Ectopic Pregnancy leaflet, but please ask if you need a copy. The same information is also available on their website (details at the end of the leaflet). This will help with questions you may have regarding ectopic pregnancy and future pregnancies.

How long will I be in hospital?

The stay in hospital is usually overnight, depending on your recovery and how you feel.

What should I expect after the procedure?

It is normal to expect some abdominal discomfort, leg or shoulder tip pain after your operation.

Vaginal bleeding - it is normal to have some light vaginal bleeding for up to seven days after your operation. Please only use sanitary towels during this time and not tampons, as they may increase your risk of developing a mild infection.

If the bleeding becomes heavy or prolonged, has an offensive smell, or you have a temperature, you should seek advice from your GP.

Wounds - your wounds will either be closed with surgical glue or with stitches that dissolve, usually within 10-14 days. If they don't dissolve and are causing you discomfort, please contact your GP or practice nurse to assess.

Washing/showering - you should be able to take a bath or shower as normal - don't worry about getting the wounds wet, just ensure you pat them dry with disposable tissues or let them dry naturally in the air. Please make sure there is someone at home with you when you first take a bath or shower, to help in case you feel faint or dizzy.

There is a small risk of blood clots forming in your legs and pelvis after the operation. You can reduce the risk of clots by being mobile as early as you can after your operation.

We also encourage chair based exercise, such as moving each foot in a circular motion for 30 seconds, moving the ankle in a brisk foot pumping motion for 30 seconds, and bending and straightening your legs - one leg at a time, three times for each leg.

Will I need an Anti-D injection?

If your blood group is Rhesus Negative you would have been given an injection of Anti-D after the procedure. This is to safeguard against the production of antibodies which can harm future pregnancies. Further information will be given to you if this was required.

When can I resume normal activities?

You should avoid any heavy lifting, housework or strenuous exercise for 7-10 days. You should avoid swimming until your wounds have completely healed and any vaginal bleeding has stopped.

You should not drive until you feel confident that you could perform an emergency stop without discomfort, this is usually within a few days and up to a week.

You should call your GP if:

- The bleeding is prolonged (longer than 10 days)
- You experience a foul smelling discharge
- You have an increase in abdominal pain
- If you have a raised temperature
- You feel unwell
- you develop calf swelling/tenderness and/or shortness of breath

Sensitive disposal of fetal tissue

This hospital has a policy of sensitively disposing of all fetal tissue in accordance with appropriate ethical, legal and professional standards. You will have been asked to sign a form to enable completion of this policy.

For your next pregnancy please contact please contact your local Early Pregnancy Unit for an early pregnancy scan at 6 weeks.