

## Patient information

# Laparotomy for gynaecology problems

### Introduction / procedure

A Laparotomy is an incision (cut) across your abdomen enabling the doctor to have a look at your uterus (womb), fallopian tubes and ovaries. Your doctor will have explained why you are having a Laparotomy. This leaflet is to help you to understand what to expect and to help you recover as safely as possible.

### Before your operation

Once your operation has been decided upon with your gynaecologist you will usually be asked to attend the pre-admission clinic on the same day as your gynaecology clinic appointment.

You will be invited to attend a pre-admissions clinic at the hospital. Here you will meet a nurse who will explain the operation and answer any questions you may have.

You may be asked to come into hospital on the day of surgery depending on theatre times, the usual length of stay is about two days although recovery can vary.

### After your operation

You may have a drip in your arm to provide fluids, a urinary catheter (tube to drain the bladder) and a morphine pump to control your own pain relief.

You will be encouraged to get out of bed and sit in a chair as soon as possible usually the day after your operation. This is to help your blood circulation and avoid the risks of blood clots forming. Some women are advised to continue with anticoagulant injections when they are discharged, and you will be advised if this includes you.

## Going home

You need to rest for the first six weeks and should not do any heavy lifting as your abdominal muscles and tissues need time to heal, although it is important to mobilise and carry out light activities.

## Diet

Try to eat a variety of foods with fresh fruits and vegetables. Also drink plenty of water to prevent constipation.

## Work

When you are discharged from the ward an appointment may be arranged for you to be seen in the gynaecology clinic about six weeks after your operation. Some women then go back to work after this check, however it depends on what job you do and how you are recovering.

## Driving

You can drive again when you can safely carry out an emergency stop without worrying about your scar.

## If you need any further advice / information please contact:

Gynaecology Nurse                      01284 713601

Gynaecology Ward                      01284 713236

*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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