

ENDOhope

Preparing for your laparoscopy checklist

This checklist summarizes the advice on my [preparing for your laparoscopy update](#). If you'd like more information on living and working with endometriosis you can find more help on my website www.endohope.org.

- Michelle

Things to do before your laparoscopy

- Try to get an earlier date
- Wash your hair a day or so before the operation
- Organise someone to pick you up from the hospital
- Put everything you'll need at waist height or slightly higher
- Put a sick bowl next to your bed
- Sort out enough entertainment for two weeks (Netflix, video games, books)
- Talk to your employer about medical leave
- Find someone to care for you in the first 24 to 48 hours
- Buy some peppermint tea (to help with the chest pain)

Preparing to go on to the ward

- Ask for copies of all your records and letters
- Make a list of questions for your consultant
- Bring your medication with you (in it's original packaging)
- Sort out your in-hospital entertainment (books, portable radio)
- Wear slip on shoes

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Packing your (just in case) overnight bag

- Bring a pillow or blanket to cushion your tummy for the car home
- Pads for heavy bleeding
- Pantyliners for light bleeding
- Nightclothes (or pyjamas)
- Facemask (for sleeping)
- Earplugs
- Toiletries bag
- Toothbrush
- Phone and charger

Getting ready to leave the hospital, you'll need

- Your hospital painkillers
- Your discharge form
- A copy of your consent form
- Your medical leave certificate
- Instructions from the hospital about your care for the next few days
- Extra sterile dressings for your wounds

Getting ready to get back to normal

- Deliver your medical certificate to your employer
- Organise getting your stitches out
- Ask about a phased return to work
- Pace your activity so you don't overdo things