

5 Essential Items to Bring to Your Endometriosis Laparoscopy

Having your first laparoscopy to diagnose and/or remove Endometriosis can be very scary. Here are some items to help you get through it and feel more comfortable.



1. Your ID and Insurance Card

First things first, you must have your ID (or any form of identification) to get admitted into surgery. Once you get to the hospital, you go through registration where they need to make a copy of it. You will also be asked for your insurance card if you are using insurance for the procedure.



2. Someone to Take You Home

Another very important item to bring to the hospital isn't even an item. It is a human being. Make sure to bring a friend, family member, or spouse with you for support but mainly to take you home. The hospital will not let you leave if you don't have someone picking you up. They will also not let you take an Uber/Lyft/Rideshare, it needs to be someone you know.

If you can't find someone to actually come and stay for the surgery but they can pick you up, then that's fine.



3. Pads

After surgery you will most likely be bleeding. They will give you pads but I'm not the biggest fan of pads that are so thick it feels like you're wearing a diaper and I'm sure you feel the same way. So I would bring your favorite pads. 1-2 should be fine, but if there's a chance you are staying the night then bring a few more.



4. Fuzzy Socks and/or Comfy Clothes

If you get cold like I do, bring a pair of fuzzy socks and you can put them on **after** your surgery. You should also wear very comfy clothing to your surgery so you can change into them afterwards or when you're going home. When I say comfy I mean endo-belly-proof sweatpants and either a big t-shirt or big hoodie. You are going to be very bloated after the surgery. Why? Because they pump your abdomen with gas in order to see and use their tools better. So big belly calls for big sweatpants right?



5. Gas X

You can expect to be given a lot of different medications at the hospital. And they all have one thing in common: They constipate you. So having a full belly filled with gas and being constipated for a few days is very, very uncomfortable. Therefore, I would bring Gas X (found at any local drug store) with you so you can take it as soon as you leave and to start getting it out. Nurses usually say to walk around and get it out, but let's be honest, none of us want to do that on the day we had surgery. But try to incorporate walking within the next few days to help it pass as well.



**NO,
THANKS.**