

After Laparoscopic Treatment of Ectopic Pregnancy



You were diagnosed with an ectopic pregnancy. This is a pregnancy that develops outside the uterus. The most common site for an ectopic pregnancy is in one of the fallopian tubes. These are the tubes connecting the ovaries to the uterus. Your healthcare provider did a laparoscopic procedure to treat your condition. During the surgery, the provider made several small cuts (incisions) and inserted tiny surgical tools. The following are some instructions for caring for yourself when you are at home.

Activity

Do's and don'ts include the following:

- Rest for a week after your surgery, even if you feel better sooner. Your body needs time to heal.
- Ask your family or friends to help with chores and errands while you recover.
- Don't exercise or do other strenuous activities until the healthcare provider says it's OK.
- Don't lift anything heavier than 10 pounds to prevent straining your incisions.
- Climb stairs slowly and pause after every few steps.
- Don't drive for a few days after the surgery. You may drive as soon as you are able to move comfortably from side to side and are no longer taking prescription pain medicine.
- Walk as often as you feel able.
- Ask your healthcare provider when it's OK to have sex.

Other home care

- Continue with the coughing and deep breathing exercises that you learned in the hospital.
- To prevent constipation:
 - Eat fruits, vegetables, and whole grains.
 - Drink 6 to 8 glasses of water every day, unless directed otherwise.
 - Use a laxative or a mild stool softener if your healthcare provider says it's OK.
- Wash your incision with mild soap and water. Pat it dry. Don't use oils, powders, or lotions on your incision.
- Shower as normal.

Follow-up care

- Make a follow-up appointment as directed by your healthcare provider.
- You may need follow-up blood tests to make sure that the ectopic pregnancy has been completely removed.

When to call your healthcare provider

Call your healthcare provider right away if you have any of the following:

- Redness, swelling, or drainage at your incision site
- Fever of 100.4° F (38.0°C) or higher, or as directed by your provider
- Pain that does not go away with medicine
- Stomach pain and swelling that get worse
- Vaginal discharge or bleeding
- Dizziness or fainting
- Upset stomach (nausea) and vomiting

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