

## Diagnostic Laparoscopy and Home Care Surgical Oncology

Diagnostic laparoscopy is a surgical procedure that allows a doctor to look directly at your abdomen and/or pelvis. It can help determine the amount of disease that may not be visible through other exams. It is a low-risk, minimally invasive procedure that requires small incisions.

### Before Surgery

Stop taking the medicines or supplements listed below at **least 7 days** before surgery. This includes any herbal, holistic or alternative medicines or drinks. Some of these substances can cause increased bleeding, high blood pressure, stroke, heart attack or other problems during or after surgery.

Examples:

- Garlic
- Ginger
- Gingko biloba
- Saw palmetto
- Vitamin E or K
- Green tea
- Fish oil
- Turmeric/curcumin

Stop taking all non-steroidal anti-inflammatory (NSAID) pain medicine **7 days before** surgery. NSAIDs thin the blood and can increase the risk of bleeding during surgery. These include:

- Aspirin (Bayer®/Excedrin®)
- Celecoxib (Celebrex®)
- Ibuprofen (Advil®/Motrin®)
- Naproxen (Aleve®)

Tell your surgical team about any prescription blood thinners you take. You will need to discuss with your team when these should be stopped. Some common ones are listed below; there are others.

Examples:

- Aggrenox®
- Celebrex
- Coumadin® (warfarin)
- Effient® (prasugrel)

- Eliquis® (apixaban)
- Heparin
- Lovenox
- Persantine (dipyridamole)
- Plavix®
- Pradaxa® (dabigatran)
- Ticlid®
- Xarelto® (rivaroxaban)
- Maintain a healthy diet. Eating a well-balanced diet, low in fat and high in protein can help promote a healthy lifestyle while preparing for surgery.
- Be physically active. Exercise, even daily walking, can help increase your lung capacity before surgery and also helps increase your blood circulation.

## Recovery

Ask when you can resume prescription blood thinners or other medicines, as this varies by patient.

## Symptoms to report

Report the following symptoms to your surgeon:

- Redness, swelling or drainage at the incision site
- Increased soreness along the incision
- Fever of 101°F (38.3°C) or higher
- Nausea or vomiting
- Abdominal pain
- No passage of gas for 24 hours
- No bowel movement for three days
- Tingling or numbness around the lips or in the fingertips
- Rapid, irregular or skipped heartbeats

## Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*