

## What should I do if I can't take ibuprofen?

Please tell the ward nurse so that we can get another type of painkiller prescribed for you. It is likely that it will be Co-dydramol which contains paracetamol.

## What should I do if I haven't got any painkillers at home?

Please tell the nurse or ward doctor so that we can prescribe some for you.

Please note, that as a day patient you may have to pay a prescription charge for these drugs.

The amount of pain each person gets and the number of painkillers each person needs varies a lot, so the above information is only a guide.

## How long will I need painkillers for?

This varies from person to person, but you'll probably need to take them fairly regularly for the first 2 or 3 days. After that, you'll just need them less and less.

## What should I do if my pain doesn't seem to be getting any better?

It's unlikely that this will happen, but if it does or if you have any other worries or concerns about your operation, then you can either

- Contact your Family Doctor **or**
- Ring Ward 7 at Birmingham Women's Hospital  
Tel no: 0121 627 2757

# *Pain Control after Laparoscopic Sterilisation*

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## Pain control after laparoscopic sterilisation

When you have your laparoscopic sterilisation done, it's very likely that you'll be in and out of hospital on the same day. Even so, having any operation can be quite stressful and some people are a bit concerned about the amount of pain they'll have afterwards.

Although we can't say exactly how you'll feel after your operation, it's likely that your tummy will be uncomfortable, but of course, there are painkillers we can give you to make you feel a bit better.

Even after the same operation, we know that no two women have the same amount of discomfort or need the same number of painkillers. In other words, pain is a very individual thing.

Although everyone's experience is different, there are certain similarities as well. This leaflet tells you about the sort of pain you might have and the different types of painkillers we can give you.

### What sort of pain will I get?

There are 3 different types of discomfort after laparoscopic sterilisation.

- Period-like pain, during the 1st 24-48 hours
- Shoulder pain, during the 1st 24-48 hours
- Abdominal (tummy) discomfort, for anything up to 4 or 5 days

This doesn't mean to say that you'll get all 3 together, but you might get one or two of them at different times!

### How long will the pain last for?

As you might expect, the pain is usually worst immediately after the operation and then, over the next few hours, it begins to feel a bit better.

But, what's more surprising, is that the day after your operation, the pain or discomfort may start to get a bit stronger again.

Over the next day or two, your tummy will probably feel quite tender but by the 4th or 5th day, you should be feeling much better.

### What sort of painkillers will I need when I'm in hospital?

There are 3 types of painkillers we can give you.

**The first type** is morphine. This is a strong painkiller and you might need one or two doses immediately after the operation either in Recovery or when you get back to the ward.

**The second type** is an aspirin-type drug called diclofenac (also called Voltarol) which you'll probably be given during the operation. This is suitable for mild to moderate pain and it's better to take it on a regular basis for the first 2 or 3 days after your surgery.

Not everyone can take this type of drug, so if you're one of them and if it suits you, you might have codeine instead.

**The third type** is paracetamol. This is suitable for mild pain or discomfort.

### What sort of painkillers will I need when I go home?

Whilst you're in hospital we will of course give you some painkillers if your tummy or shoulder feels uncomfortable. It is very likely that you will need to take them for a few days after your operation so we suggest that you have a supply ready for when you get home.

Ibuprofen (also called nurofen or brufen) is a very good painkiller and works best if you take it regularly for 2- 3 days after your sterilisation. If this kind of drug is suitable for you it is very likely you will have been given it immediately after your operation. As you can only have a certain amount in 24 hours the ward nurse will tell you when you can start taking these tablets when you get home.

Simple painkillers such as paracetamol are also helpful and you can take these at the same time as ibuprofen.

Always read the drug information leaflets before taking any of the above drugs.