Laparoscopic Ovarian Diathermy (LOD)

You may bathe or shower the next day. Sexual relations can be resumed as soon as you are comfortable to do so.

When can I go back to work? Most patients are well enough to go back to work in 2 to 3 days but this is dependant on the individual, some patients need longer to recover. A sick note of up to a week may be issued after your operation, if needed, by your consultant.

If you need a follow up appointment this will be confirmed by the surgeon who will talk to you after your operation, the appointment letter will be sent to you.

Contact information
If you have any questions, please feel free to contact the fertility nurses through Mrs K Reddy's secretary on the number below. Alternatively, please contact your consultant's secretary.

Cotswold Fertility Unit
Tel: 0300 422 3128
Monday to Friday, 8:00am to 4:00pm
Website: www.cotswoldfertilityunit.co.uk

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**Introduction**
You have been given this leaflet to answer some of the questions you may have as you are now on the waiting list for Laparoscopic Ovarian Diathermy (LOD). LOD is a surgical treatment for women with polycystic ovaries who have irregular, infrequent and anovulatory periods. Its aim is to induce ovulation.

This procedure is combined with a dye test done to check your fallopian tubes. Please see GHPI0457 Laparoscopy and Dye Test leaflet.

**Definition**
LOD is an operation involving a laparoscopy which is performed under general anaesthesia and is usually done as a day case procedure. This means that you are admitted on the morning of the operation and are allowed home about 4 hours after the operation.

Occasionally, the medical team may decide that you are unable to go home the same day and we will then arrange for you to stay in hospital overnight.

**What to expect before your operation?**
After your initial consultation you will be assessed either by telephone or in the pre-admission clinic. We will check if you are fit for the operation.

If you are on the contraceptive pill, there is no need to stop it as the surgery is only a day case procedure.
Please avoid unprotected intercourse during the month of your laparoscopy – if there is any chance of you being pregnant your operation will be cancelled. If you think your surgery date might coincide with your period, please contact your consultant’s secretary as we might be able to give you hormone tablets which you will need to take a week prior to your expected period. This will postpone your period until after the surgery.

What happens during the operation?
Following admission an anaesthetist and a gynaecologist will see you before your operation. During the operation, which takes about 15 minutes, a small cut, about 1 cm long is made under the navel and 1 or 2 smaller cuts are made just above the pubic hairline. Some gas is put into your abdomen so that the surgeon has a better view when a telescope, called a laparoscope, is inserted through the first incision. Through this the surgeon is able to inspect your womb and tubes. To assist the inspection, another instrument, called a probe, is inserted through the second incision.

The operation involves using diathermy (pin-point electric current) to puncture the surface of the ovary in 4 places. This treatment changes the biochemical balance of the ovary and is often successful in inducing ovulation and regular periods. At the end of the operation the gas is released. A stitch is needed in the incisions which will dissolve. If an non absorbable stitch is used this can be removed after 5 days to speed up healing.

The operative findings will be explained to you before you go home.

What are the possible complications?
Approximately 250,000 women undergo laparoscopic surgery in the UK each year. The majority are without problems but complications occur in about one in 1,000 cases. The recognised risks are:

- Damage to the bowel, bladder or major blood vessels
- Failure to enter the abdominal cavity
- Uterine perforation
- Bruising
- Shoulder tip pain - this is due to the gas used during surgery
- In extremely rare cases it will be necessary to make a bigger incision than planned; a laparotomy. Should this occur you will need to stay longer in hospital.

After the operation
You may have a sore throat or nausea from the anaesthetic. You will be given pain relief.

You may have some vaginal bleeding following the operation. This bleeding can have a faint blue tinge from the dye used to check your fallopian tubes but will clear in a few days. If the pain or bleeding becomes excessive you should contact your GP.

As mentioned the stitches will dissolve, but may be removed if they irritate you. Please go to your GP practice nurse who will remove the stitches for you.