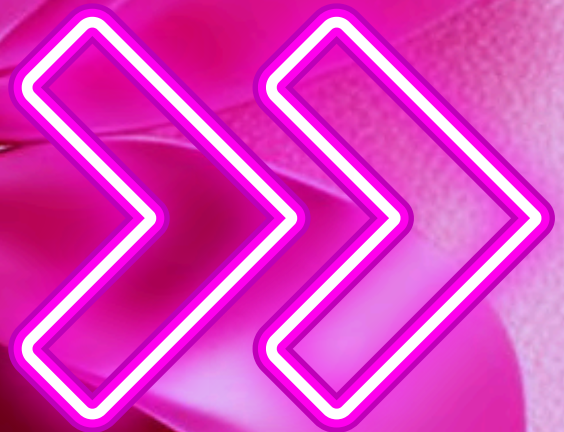


THE FANNY DIARIES

ENDOMETRIOSIS PRODUCT GUIDE

SURGERY EDITION



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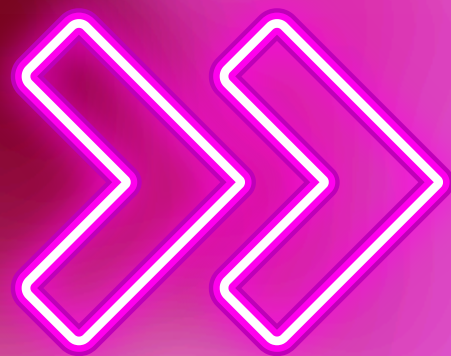
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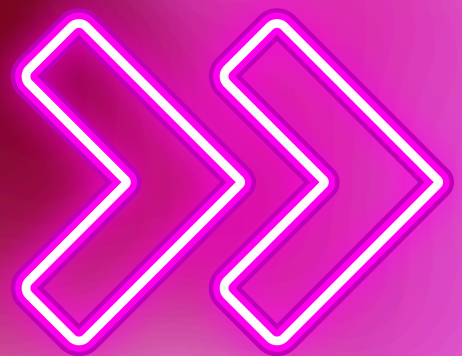
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First edition - 2025

WWW.FANNYDIARIES.COM



Welcome!



Hello!



& Welcome, Fanny Queens! 🌸 This guide is here to help you find all the essentials to pack for your Endometriosis surgery and make your recovery a little easier. I've gathered a variety of products to suit different needs and preferences, with everything linked directly through images and links for your convenience.

Plus, you'll find options available in both the UK and the USA, so no matter where you are, you're covered - Just look for the different flags by each items! 🇬🇧 🇺🇸

I hope this E-book is helpful and I'm wishing you all the best for your surgery! I hope your surgery goes smoothly, and may your recovery be as comfortable and speedy as possible. You've got this, Fanny Queen!

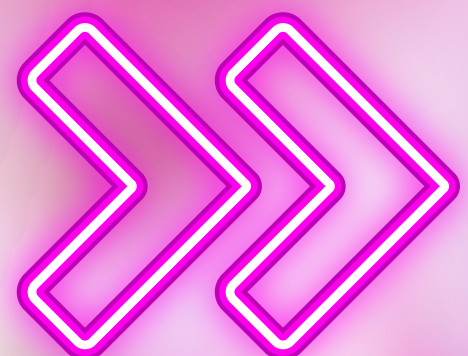
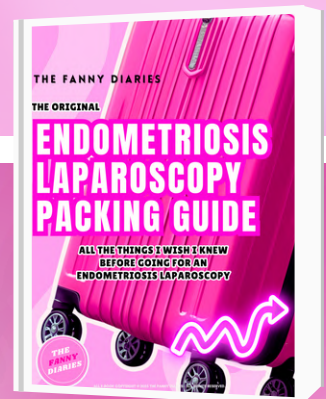
So much love and a huge hug!

S x

Hey. I'm Sarah!



**DON'T FORGET TO
DOWNLOAD THE SURGERY
PACKING E-BOOK!**

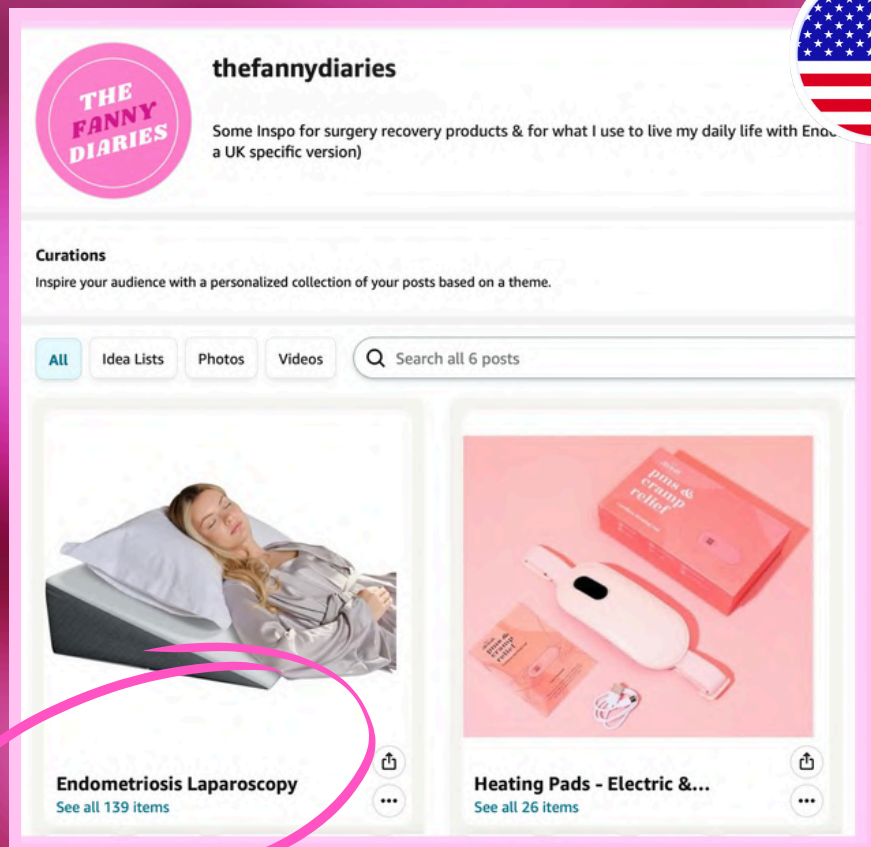


AMAZON STOREFRONT

To make things easier for you I have linked everything that is available on Amazon US on an amazon storefront page all in one place. This contains an Affiliate link, you do not have to purchase through it. The links I have put in this E-book for amazon are NOT automatically linked to The Fanny Diaries amazon storefront only the one link below is. This is only for my USA Fanny Queens, I am currently working on getting a UK specific one.

AMAZON STOREFRONT LINK

EVERYTHING IS
SAVED UNDER THE
ENDOMETRIOSIS
LAPAROSCOPY LIST



PERIOD PATCHES

DON'T USE ON YOUR
INCISIONS THOUGH
GOOD FOR LOWER
BACK!

BEYOU PATCHES



ALSO FOUND IN
TESCOS, MORRISONS,
BOOTS SUPERDRUG
TOO!

 [BEYOU WEBSITE](#)

ROSS J BARR



 [ROSS J BARR WEBSITE](#)

PERIOD HARMONY



 [AMAZON](#)

CORA HEAT PATCH



 [TARGET](#)

NEVER TRIED EITHER
OF THESE BUT
HEARD GOOD
THINGS!



MEDICAL

THERMOMETER



 [AMAZON](#)

 [AMAZON](#)

PULSE OXIMETER



 [AMAZON](#)

 [AMAZON](#)

SURGICAL DRESSING



THEY COME IN ALL DIFFERENT SHAPES AND SIZES - IT COMPLETELY DEPENDS ON YOUR INCISION SIZE & THE LENGTH OF YOUR STITCHES



 [AMAZON](#)

COULDN'T FIND THEM ON BOOTS WEBSITE OR LLOYDS CHEMIST



 [AMAZON](#)

 [CVS](#)

 [WALGREENS](#)

I GOT GIVEN SOME TO TAKE HOME FROM THE HOSPITAL TO TIDE ME OVER, THEN I BOUGHT SOME. I USED THEM ALL DURING MY RECOVERY AFTER SHOWERING AND ALSO WHEN I EVENTUALLY STARTED WEARING LEGGINGS TO PREVENT ANY PULLING ON MY STITCHES



PADS



love



ALSO
AVAILABLE IN
TESCOS
MORRISONS
BOOTS &
SUPERDRUG!



[TOTM WEBSITE](#)



[TARGET](#)



[AMAZON](#)

love



[TARGET](#)



HEAT PADS



YOU CAN GET ALL DIFFERENT ONES AND DIFFERENT SIZES FROM SUPER SMALL TO EXTRA LARGE!



AMAZON



AMAZON

PLUG IN ALLOWS IT TO BE MORE ACCESSIBLE RATHER THAN HAVING TO CONSTANTLY GET UP AND DOWN TO USE HOT WATER OR A MICROWAVE

THEY EVEN DO NECK ONES AND NECK AND BACK ONES TOO!



THROAT



THE HIGHER THE MGO THE STRONGER THE HONEY'S ANTIBACTERIAL PROPERTIES

[HOLLAND & BARRET MANUKA HONEY](#)
[AMAZON MANUKA HONEY](#)

IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND PRODUCTS



THE HIGHER THE MGO THE STRONGER THE HONEY'S ANTIBACTERIAL PROPERTIES



GAS



WHAT I USED



ALWAYS CONSULT WITH YOUR SURGEON/ A MEDICAL PROFESSIONAL BEFORE TAKING MEDICATION TO ENSURE IT'S SAFE, EFFECTIVE, AND APPROPRIATE FOR YOUR HEALTH NEEDS.

IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND PRODUCTS



WITHOUT DYES!





CONSTIPATION



WHAT I USED



AVAILABLE ON
AMAZON TOO!
TAGGED HERE!

IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND PRODUCTS



ALWAYS CONSULT WITH YOUR SURGEON/ A MEDICAL PROFESSIONAL BEFORE TAKING MEDICATION TO ENSURE IT'S SAFE, EFFECTIVE, AND APPROPRIATE FOR YOUR HEALTH NEEDS.



MOUTH



IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND PRODUCTS



BODY



IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND PRODUCTS



UTI



ALWAYS CONSULT WITH YOUR SURGEON/ A MEDICAL PROFESSIONAL BEFORE TAKING MEDICATION TO ENSURE IT'S SAFE, EFFECTIVE, AND APPROPRIATE FOR YOUR HEALTH NEEDS.

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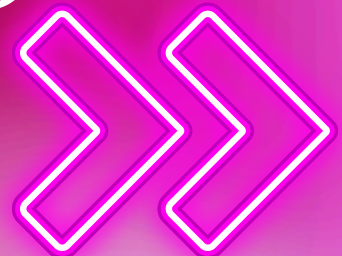
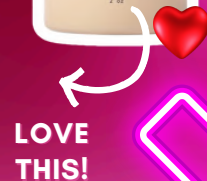




FACE MIST



IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND PRODUCTS





BIKINI RAZOR



LOVE THIS!



IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND PRODUCTS



TAMANU BALM



THE STAR OF THE SHOW I COULD NOT LIVE WITHOUT THIS PRODUCT, IT IS SO AMAZING FOR EVERYTHING INCLUDING CUTS AND SCRAPES. I USED IT ON SOME OF MY INCISION SCARS AND THEY PRETTY MUCH DISAPPEARED. PRETTY PLEASE BE CAREFUL WHAT YOU PUT ON YOUR INCISIONS ALWAYS CHECK WITH A MEDICAL PROFESSIONAL IF YOU ARE UNSURE!

IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND THEM!

I ALSO LOVE THE EVERYTHING PRODUCTS FROM PRIMALLY PURE WHICH COMES IN A BALM AND A SPRAY. I HAVE PURCHASED SO MANY REFILLS OF THE SPRAY VERSION I HAVE LOST COUNT BUT IT'S AMAZING FOR BUG BITES, CUTS, DRY SKIN, EVERYTHING! I HAVEN'T TRIED IT ON SCARS THOUGH SO CAN'T SAY IF IT'S GOOD OR NOT FOR SCARS!



PANTS



IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND THEM!



DISPOSABLE
PERIOD
PANTS

DISPOSABLE
PERIOD
PANTS

WHERE ELSE TO FIND



LOGOS ARE LINKED TO WEBSITES!



asos

ASDA

Marshalls

asos

PRIMARK®

MATALAN

Walmart

amazon

M&S

TARGET

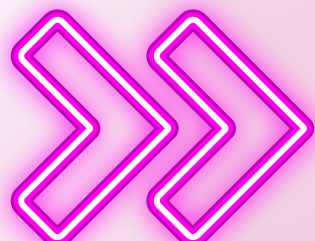
TESCO

T.K.maxx

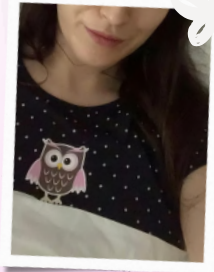
amazon

THE
FANNY
DIARIES

T.J.maxx®



NIGHTDRESS



THE EXACT
ONE I HAD!



WHERE TO FIND

MATALAN

ASOS

PRIMARK®

ASDA

TESCO

M&S

next



NIGHTDRESS AMAZON

amazon

T.K. maxx



Sainsbury's

LOGOS ARE LINKED TO WEBSITES!

WHERE TO FIND

ASOS

T.J. maxx

Marshalls

KOHL'S

OLD NAVY

Walmart

NORDSTROM

JCPenney

TARGET

amazon

★ macy's

GAP

GAP!
(PICTURE IS
LINKED)



YOU MAY PREFER
BUTTON DOWN ONES
FOR RECOVERY WHERE
YOU DON'T HAVE TO
LIFT YOUR ARMS
ABOVE YOUR HEAD



STORAGE

PILL ORGANISER



PILL ORGANISER



PILL ORGANIZER

TROLLEY



TROLLEY - AMAZON



TROLLEY - AMAZON

MEDICINE BAG



MEDICINE BAG - AMAZON



MEDICINE BAG - AMAZON

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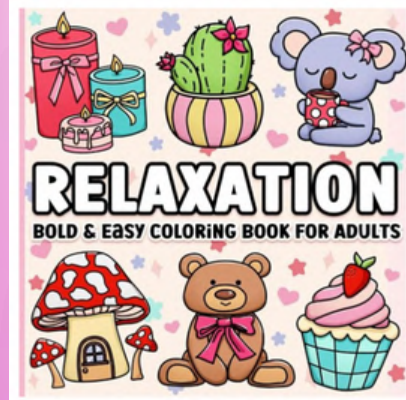
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ARTS & CRAFTS



AMAZON



ETSY



ETSY



AMAZON

SEWING
CRAFTS



SEWING
CRAFTS



PAINT YOUR OWN
HOBBYCRAFT



PAINT YOUR OWN
TARGET



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PILLOW



IMAGES ARE TAGGED WITH WEBSITES WHERE TO FIND PRODUCTS



THE
FANNY
DIARIES

STATIONERY



HANDY TO KEEP ALL
PAPERWORK TOGETHER
AND TO TAKE A LIST OF ALL
MEDICATION/SUPPLEMENT
S WITH YOU



HANDY TO TAKE
NOTES OR JOURNAL
DURING YOUR
RECOVERY!



EXTRAS



OVERBED TABLE



AMAZON

TABLES LINKED
IN PICTURE
ALL OTHERS
LINKED BELOW

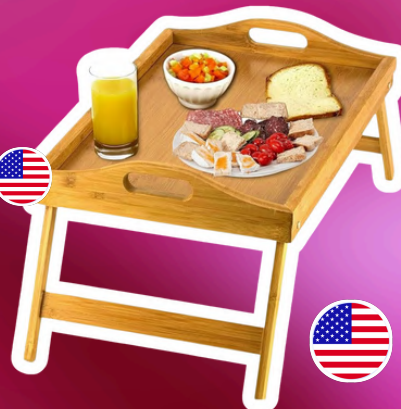


AMAZON

TRAY TABLES



AMAZON



AMAZON



EXTRAS



MINI MIRROR



I HAVE THIS ONE
& LOVE IT!

PERFECT FOR
BEDSIDE!



FAN

ICE ROLLER



LOVE
THIS!



ICE ROLLER



WATERBOTTLE / CAMPING MUG



CHECK
TK MAXX OR
HOME SENSE
IN STORE!



KEEPS DRINKS
HOT OR COLD



CHECK
TJ MAXX OR
MARSHALLS
IN STORE!



EXTRAS



A BIN FOR BY YOUR BED



A TRASH CAN



A GRABBER

SAVES YOU
BENDING DOWN!



[AMAZON](#)



[AMAZON](#)

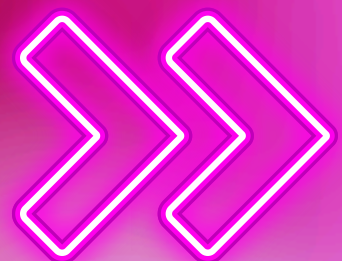
SAVE MY KNICKERS



REMOVES
BLOOD
STAINS!



[SAVE MY
KNICKERS WEBSITE](#)



EXTRAS

SENDING POSITIVE
VIBES FOR YOUR
ENDOMETRIOSIS SURGERY

AN ENDO
SURGERY
GREETING
CARD!

THE
FANNY
DIARIES

THE FANNY
DIARIES ETSY
STORE!

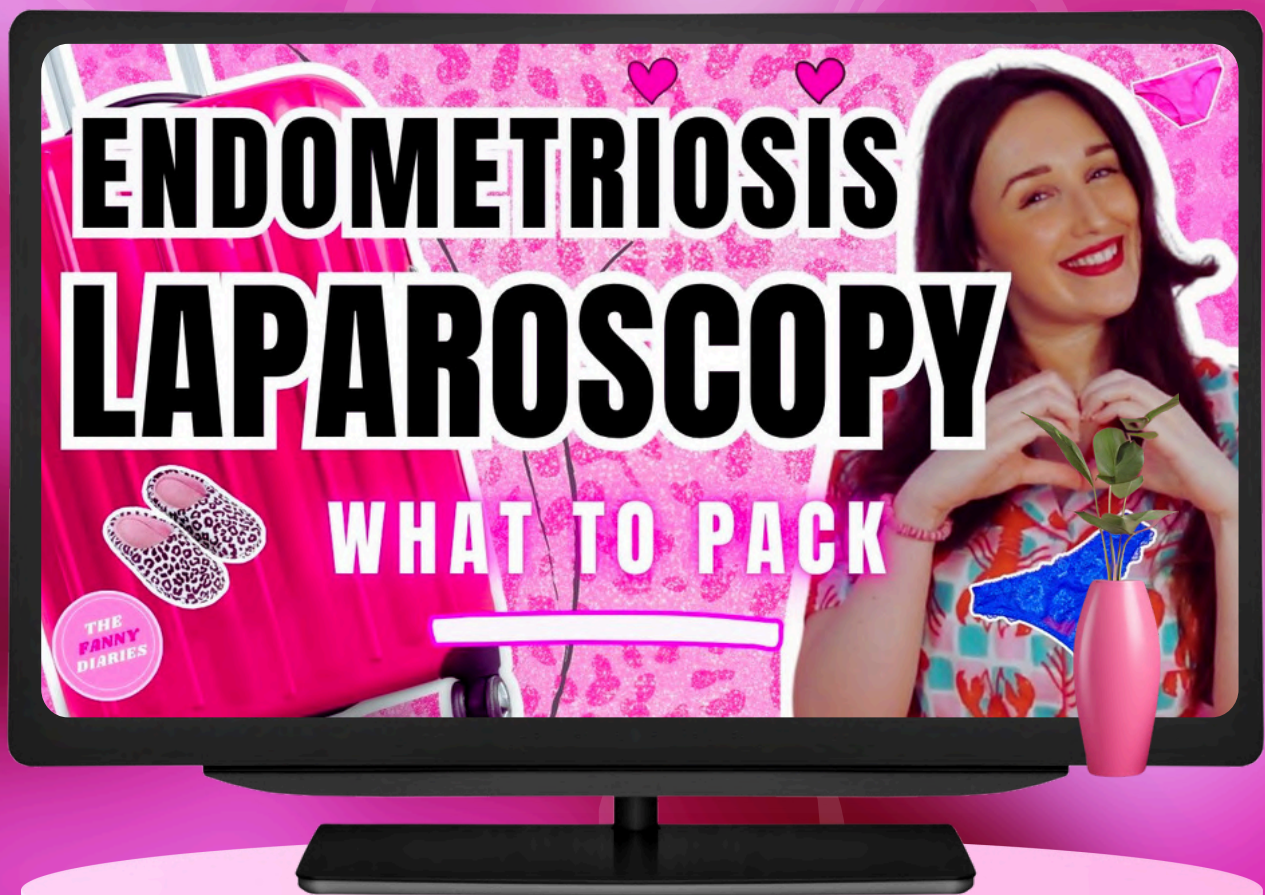
THE
FANNY
DIARIES

SOME USEFUL THINGS TO PACK



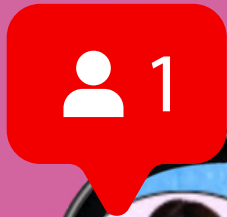
Dear Fanny Queen...

Endometriosis Youtube Channel



 **WATCH NOW**





Come join The Fanny Family

SOCIAL MEDIA &
CONTACT LINKED



The Fanny Diaries

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@THEFANNYDIARIES

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Fanny Queen**



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*Stay fabulous and
always fight for your
Fanny!*



Fanny Queen

