

# DOWNLOADABLE & PRINTABLE LAPAROSCOPY PACKING GUIDE.

**All the things I wish I knew before going for an  
Endometriosis Laparoscopy.**



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THE  
FANNY  
DIARIES

Sarah Victoria  
xoxo

# HELLO BABES!

My name is Sarah, I was diagnosed with Endometriosis through Laparoscopy Surgery in September 2020. It took me 12 years of being dismissed and fighting for help to receive my Endo diagnosis. Sadly no one would operate on me on the NHS so I had to self fund my surgery. It was a gamble but I knew in my gut that something was wrong, always follow your gut instinct! I really struggled with accepting the diagnosis, understanding what Endometriosis is and where to turn moving forward. I was so frustrated at the little information out there that I decided to slowly start creating the things that I wish I had. The first thing being this Surgery packing guide. I was so unprepared for my surgery and I hate the thought of someone else being in the same position. I am hoping this helps you prepare for your surgery and for when you return home. Wishing you all the best for your surgery, you fabulous human xx



*"Life is tough, But so are you!"*



# JUST A QUICK NOTE...

Firstly, I would like to say a quick thank you for downloading this little info & packing guide bundle. You have downloaded this as I presume you are awaiting your Laparoscopy, whether it is to diagnose Endometriosis or something else. I am so sorry that you are suffering, and you have likely been suffering for a very long time. I hope your surgery brings you clarity, answers and relief.

*Just a super quick important FYI -*

*Everything in this bundle is all based on my own personal experience of going through Laparoscopy Surgery, from a patient perspective. What I learnt on my surgery journey and what I think could be helpful to know. I am not in any way and never claim to be a medical professional and I would never give medical advice. Therefore, this packing bundle is not based on or to be confused for medical advice. Please always speak to your doctor and medical professionals regarding any concerns that you have.*





**SO...**

**Your surgery date is looming and you are basically wondering what on earth to put in that hospital bag of yours. Well, I am about to help pack it for you.**

**You are probably asking yourself if you even need a bag at all? my answer would be, I 100% recommend packing an overnight bag as you just never know what is going to happen.**

**Most people are released and home the same day but I will use myself as an example.**

**I had a 7am arrival time with a Surgery time of 10am. I didn't actually go down to theater until 5.45pm and ended up being kept overnight.**

**It is definitely better to be over prepared and not need it.**

# **SURGERY PACKING LIST**

- ☐ NIGHT DRESS/SHIRT
- ☐ LIP BALM
- ☐ BATTERY PACK/CHARGER
- ☐ PEPPERMINT TEA
- ☐ BABY WIPES/FACE WIPES
- ☐ GRANNY PANTS
- ☐ SANITARY PADS
- ☐ THROAT LOZENGES
- ☐ DRESSING GOWN/SLIPPERS
- ☐ WIND TABLETS FOR GAS
- ☐ IPAD/BOOK
- ☐ SNACKS/BOTTLE OF WATER
- ☐ HEADPHONES
- ☐ TOILETRIES
- ☐ SLEEPING EYEMASK & EAR  
... PLUGS
- ☐ PILLOWS FOR CAR HOME
- ☐ THERMOMETER

# AFTER SURGERY CHECKLIST

- **PASSED URINE MULTIPLE TIMES.**
- **COMMUNICATED WITH YOUR DOCTOR & NURSES ABOUT ANY PAIN YOU ARE FEELING.**
- **HAVE EMERGENCY CONTACT/ OUT OF HOURS/ WEEKEND CONTACT DETAILS.**
- **KNOW WHEN YOUR FOLLOW UP APPOINTMENT IS.**
- **ASK ABOUT BOWEL MOVEMENTS /IF CAN TAKE LAXATIVES AFTER A FEW DAYS.**
- **SPARE DRESSINGS.**
- **UNDERSTAND PAIN MEDS YOU WILL BE GIVEN / DOSAGE ETC.**
- **GOT SOME NOTES FROM THE SURGERY, SO YOU UNDERSTAND WHAT WAS DONE.**
- **ASK FOR A SICK NOTE SHOULD YOU NEED IT FOR YOUR EMPLOYER.**

# WHY THOSE ITEMS...

**A NIGHT DRESS** - YOU WILL BE SO SWOLLEN FROM THE GAS POST SURGERY. THE LAST THING YOU WILL WANT IS TO TRY AND STRUGGLE TO PUT ON FULL PJ'S. YOU ALSO DO NOT WANT ANYTHING DIGGING INTO YOUR INCISIONS ON YOUR STOMACH.

**LIP BALM** - YOU WON'T BE ABLE TO HAVE WATER LEADING UP TO YOUR SURGERY AND YOU WILL GET AWFUL DRIED LIPS. I USE THE LIP FUDGE FROM TROPIC WHICH IS AMAZING AND ALL NATURAL.

**BATTERY PACK** - MOST BEDS DO NOT COME WITH A PLUG NEAR THEM OR USUALLY PLUGS ARE QUITE FAR AWAY IN THE ROOM. SO HAVING A PORTABLE BATTERY PACK WILL HELP YOU KEEP YOUR PHONE CHARGED AND KEEP YOU IN TOUCH WITH LOVED ONES. A PHONE IS ALSO USEFUL TO WRITE DOWN ANYTHING YOU WERE TOLD SO YOU CAN REMEMBER IT WHEN THE ANESTHETIC WEARS OFF.

**PEPPERMINT TEA** - THIS IS INCREDIBLE FOR THE BLOATING, AND MORE THAN LIKELY YOU WILL BE FREEZING AFTER SURGERY SO SOMETHING TO HELP WARM YOU UP. I DON'T EVEN DRINK TEA AND I THOROUGHLY ENJOYED THIS AFTER 24 HOURS WITHOUT FOOD AND WATER.

**BABY WIPES/FACE WIPES** - YOU WILL NOT BE IN A STATE TO DO MUCH AFTER YOUR SURGERY BUT YOU MAY WANT TO FRESHEN UP, SO THESE ARE FAB FOR THAT.

**GRANNY PANTS** - A HUGE MUST. YOU WILL BE SO SWOLLEN AND BLOATED SO YOU NEED ADAPTABLE PANTS THAT WILL GO EITHER UNDER YOUR INCISIONS OR OVER THE TOP, WHATEVER YOU PREFER. ALSO I HIGHLY RECCOMEND SIZING UP.



# WHY THOSE ITEMS...

**SANITARY PADS** - AT SOME POINT I AM SURE THERE WILL BE BLEEDING, I MEAN ITS INEVITABLE REALLY ISN'T IT. 100% TAKE YOUR OWN PRODUCTS. I AM NOT AGAINST HOSPITAL PRODUCTS AT ALL BUT THEY ARE LIKE GIANT NAPPIES FROM THE 1930'S. I CAN HIGHLY RECOMMEND TOTM COTTON PADS, LIKE A MATTRESS FOR YOUR VULVA.

**THROAT LOZENGES**- YOU WON'T BE ALLOWED WATER BEFORE YOUR SURGERY SO WHEN YOU WAKE UP, AFTER THE ANESTHETIC YOU COULD HAVE A HORRENDOUS DRY MOUTH AND SORE THROAT.

**DRESSING GOWN/ SLIPPERS** - HOME COMFORTS ARE EVERYTHING, YOU WILL BE NERVOUS AND ANXIOUS AND THIS WILL HELP YOU SLIGHTLY RELAX. TRUST ME. IT IS ALSO ALWAYS FREEZING IN HOSPITALS SO THIS WILL HELP KEEP YOU WARM. YOU WILL ALSO BE MOST LIKELY WALKING TO THEATER AND WE ALL KNOW THERE IS A GIANT SPLIT UP THE HOSPITAL GOWNS, DON'T FLASH YOUR ASS TAKE YOUR GOWN!

**WIND TABLETS FOR GAS**- I'M NOT GOING TO LIE, THE GAS PAIN THAT GETS TRAPPED IN YOUR SHOULDER IS NOT PLEASANT AT ALL. IT IS SO PAINFUL HOWEVER, I AM SURE THAT YOU HAVE READ THIS MULTIPLE TIMES SO THESE SHOULD HELP YOU SHIFT IT FAST. I HAD NEVER TRIED ANY WIND TABLETS BEFORE BUT I WAS PLEASANTLY SURPRISED. I USED RENNIE DEFLATINE ONES IN A YELLOW BOX. YOU COULD ALSO TRY ACTIVATED CHARCOAL, I HAVE NEVER TRIED IT BUT I HAVE READ A FEW PEOPLE SWEAR BY IT.

**IPAD/BOOK**- YOU COULD BE WAITING A WHILE, LIKE I WAS SO I DEFINITELY RECOMMEND SOMETHING TO DISTRACT YOURSELF AND TRY AND LOWER YOUR ANXIETY AND NERVES. GET YOUR FAVORITE SERIES DOWNLOADED, A BUNCH OF LIGHTEARTED COMEDY FILMS OR BRING A RELAXING BOOK. I DOWNLOADED THE SEX AND THE CITY SERIES AND IT WORKED A TREAT.





# WHY THOSE ITEMS...

**SNACKS/BOTTLE OF WATER-** I TOOK CHOCOLATE BISCUITS, CRISPS, WINE GUMS AND I DID NOT EAT ANY HA HA! BUT IT WAS NICE TO HAVE THEM THERE KNOWING THAT I WOULD NOT GO HUNGRY. I HAVE SPOKEN TO A FEW PEOPLE WHO WERE KEPT IN FOR A FEW DAYS AND THEY WISH THEY HAD BROUGHT SOME SNACKS SO MAYBE IT IS WORTH POPPING SOME IN YOUR BAG FOR AFTER SURGERY.

**HEADPHONES** - I WAS SUPER LUCKY TO HAVE MY OWN ROOM BUT IF YOU ARE ON A WARD ITS AMAZING TO HAVE THESE TO DROWN OUT THE NOISE AND TO BE ABLE TO ZONE OUT WITH YOUR DOWNLOADED TV SHOWS OR SOME TUNES.

**TOILETRIES** - I DID PACK MY TOILETRIES BUT TO BE HONEST I DID NOT USE ANY OF THEM, I DIDN'T EVEN HAVE THE STRENGTH OR ENERGY TO BRUSH MY TEETH BUT I THOUGHT I WOULD INCLUDE THIS ON THE LIST AS MOST PEOPLE PROBABLY WILL HAVE THE ENERGY.  
**UNSCENTED SHOWER GEL/SOAP**

**SLEEPING EYE MASK & EAR PLUGS** - I KNOW WARDS CAN BE QUITE LOUD AND BRIGHT, YOU WILL LIKELY PASS OUT FROM THE DRUGS BUT JUST IN CASE TAKE SOME EAR PLUGS AND AN EYE MASK TO GIVE YOURSELF THE BEST POSSIBLE CHANCE OF SLEEP

**PILLOWS FOR THE CAR RIDE HOME** - THIS IS A HUGE ONE, IF YOU DO NOT TAKE MY ADVICE FOR ANYTHING ELSE PLEASE TAKE MY ADVICE FOR THIS. TAKE A PILLOW FOR UNDER THE SEAT BELT FOR A CUSHION FOR YOUR INCISIONS AND ONE OR TWO FOR YOUR SHOULDER/HEAD. YOU WILL FEEL EVERY SINGLE BUMP AND POT HOLE IN THE ROAD DRIVING HOME SO THIS WILL MAKE IT SLIGHTLY MORE BEARABLE.





# RETURNING HOME TIPS

**MAKE SURE YOU HAVE PASSED URINE, AND A SUBSTANTIAL AMOUNT BEFORE YOU GO HOME, THIS IS SO IMPORTANT. AND ASK ABOUT BOWEL MOVEMENTS AFTER SURGERY/IF YOU CAN TAKE A LAXATIVE IF IT GETS TO A FEW DAYS.**

**ALWAYS COMMUNICATE WITH YOUR DOCTOR/NURSE IF YOU ARE IN A LOT OF PAIN OR HAVE ANY CONCERNS BE VOCAL AND TELL THEM.**

**ASK FOR A FEW EXTRA SPARE DRESSINGS FOR YOUR INCISIONS. AFTER A WHILE YOU WILL VENTURE OUT AND WEAR LEGGINGS/JEANS AND THESE COULD PULL YOUR STITCHES WITHOUT DRESSINGS ON.**

**MAKE SURE SOMEONE IS AROUND TO LOOK AFTER YOU, MONITOR YOU, MAKE YOU FOOD, DRINKS, MEDICATION ETC. HAVE SOMEONE TO WAIT ON YOU WHILST YOU ARE BED BOUND, AND ENJOY IT, I WISH I HAD LAPPED IT UP A BIT MORE (NO PUN INTENDED HA HA)**

**TIDY YOUR BEDROOM BEFORE YOU GO. I ALWAYS ADVOCATE TIDY ROOM= TIDY MIND AND YOU DON'T WANT TO BE STARING AT MESS FOR WEEKS UNABLE TO FIND THE STRENGTH TO DO IT.**

**STOCK THE FRIDGE BEFOREHAND I ALSO KNOW PEOPLE WHO HAVE PRE COOKED A BATCH OF EASY MICROWAVABLE MEALS. SOUPS ARE A GOOD RECOMMENDATION, BUT READ THE LABELS AS SOME HAVE A HIGH PERCENTAGE OF SALT. ICE CREAM,VEGETABLES. I LIVED OFF MINI CHICKEN VEGETABLE ROAST DINNERS FOR WEEKS. I ATE A LOT OF FRUIT & VEG!**

**A PLUG ADAPTER BY YOUR BED - THIS WILL ALLOW YOU TO MAKE EVERYTHING ACCESSIBLE BY YOUR BED. CHARGERS,BATTERY PACKS, HEAT PADS ETC.**



# RETURNING HOME TIPS

**STUFF TO OCCUPY THE TIME** - WE ARE LUCKY THAT WE ARE IN THE DAYS OF NETFLIX SO WE HAVE ENDLESS CHOICES TO BINGE WATCH. I CAN ALSO RECOMMEND MINI SEWING KITS AND COLOURING BOOKS OR A SMALL PAINT BY NUMBERS.

**ALLOW YOURSELF - A BREAK FROM SOCIAL MEDIA/YOUR PHONE.** SEEING PEOPLE LIVING SEMI NORMAL LIVES WHILST YOU ARE STUCK BED BOUND WILL AFFECT YOUR MENTAL HEALTH. IT WILL ALSO PUT PRESSURE ON YOURSELF TO RECOVER QUICKER. THOSE CLOSE TO YOU WILL KNOW YOU ARE GOING FOR SURGERY AND WILL UNDERSTAND THAT YOU DON'T MESSAGE AS OFTEN. TRUST YOUR BODY AND TRUST YOUR RECOVERY PROCESS. REST, REST, REST MY DARLING.

**A V SHAPED PILLOW** - (ALSO KNOWN AS A BREAST FEEDING PILLOW, A BOYFRIEND PILLOW, A PREGNANCY PILLOW) THIS IS TO HELP SUPPORT YOU UP IN BED WHEN YOU GET HOME AND MISS THE RECLINING HOSPITAL BEDS. IT WILL BE QUITE PAINFUL TO LIE COMPLETELY FLAT FOR A FEW DAYS SO YOU WILL WANT TO MARRY THIS PILLOW.

**HEATING PAD/ ICE PACKS** - A PLUG IN HEAT PAD. NO GETTING UP FOR A HOT WATER BOTTLE CONSTANTLY IS AMAZING. OR ICE PACKS, WHICHEVER YOU WOULD PREFER.

**REMEMBER** - TO DRINK LOTS OF FLUIDS & MOVE. KEEP GOING TO THE TOILET AND WALK AROUND/MOVE EVERY HOUR OR FEW HOURS TO PREVENT BLOOD CLOTS.

**LOUNGEWEAR/PJS/ LEGGINGS** - WITH A GENEROUS WAISTBAND- ARE WHAT YOU WILL LIVE IN FOR WEEKS. ANYTHING OVER SIZED WILL BE YOUR NEW BEST FRIEND. YOU DON'T WANT ANYTHING TIGHT RUBBING OR PULLING ON YOUR STITCHES.



# HEALING FROM SURGERY

## LEARNT FROM THE ENDOMETRIOSIS SUMMIT 2022.

**In February 2022 I (virtually) attended the Endometriosis Summit in Orlando Florida. Doctors from an amazing Endometriosis Centre in the USA delivered a presentation on healing from surgery with some useful advice which I have put below. Again, this is not to be confused for medical advice.**

- FOLLOW YOUR DOCTORS PRE OP ADVICE. THEIR SPECIFIC INSTRUCTIONS TAILORED TO YOUR MEDICAL HISTORY.
- BE THOROUGH WITH YOUR ENTIRE MEDICAL HISTORY, DO NOT HOLD BACK. TELL YOUR DOCTOR EVERYTHING, INCLUDING ALL MEDICATIONS AND SUPPLEMENTS THAT YOU ARE TAKING.
- SPEAK TO YOUR DOCTOR ABOUT A PRE OP DIET OR ANY BOWEL PREP. NOT ALL DOCTORS DO THIS, FOR MY SURGERY I WAS NOT PUT ON ANY DIET OR BOWEL PREP.
- MAKE SURE YOU HAVE A THERMOMETER ON HAND AT HOME, SHOULD YOU NEED TO TAKE YOUR TEMPERATURE. (I ADDED IT TO THE PACKING CHECK LIST)
- DO NOT RUSH YOUR RECOVERY. ALLOW YOURSELF TO HEAL AND RECOVER. EVEN AFTER 3/4 DAYS IF YOU ARE STARTING TO FEEL MUCH BETTER DO NOT PUSH YOURSELF TOO QUICKLY OR YOU MAY HAVE A SET BACK.
- WHEN IN DOUBT ALWAYS CALL YOUR DOCTORS OFFICE.
- THE SHOULDER DISCOMFORT THE FIRST 24-48 HOURS AFTER YOUR SURGERY. DURING THE LAPAROSCOPY CARBON DIOXIDE (CO2 GAS) IS USED TO INFLATE THE ABDOMEN. THE GAS CAN IRRITATE THE NERVES AND YOU MAY FEEL SOME DISCOMFORT.



# HEALING FROM SURGERY

## LEARNT FROM THE ENDOMETRIOSIS SUMMIT 2022.

- WAYS TO ALLEVIATE THE GAS PAIN - DRINK WATER, PEPPERMINT TEA, CHEWING A PIECE OF GUM, HEATING PAD, SOMEONE GENTLY MASSAGING YOUR BACK, MOVING FROM SIDE TO SIDE.
- THE MORE YOU WALK AROUND THE FASTER YOU WILL GET RID OF IT.
- USE AN INCENTIVE SPIROMETER. IT'S A HANDHELD DEVICE THAT MEASURES THE VOLUME OF YOUR BREATH. IT HELPS YOUR LUNGS RECOVER AFTER SURGERY TO KEEP THEM ACTIVE AND FREE OF FLUID, CONSULT YOUR DOCTOR. - I PERSONALLY HAVE NEVER HEARD OF THIS DEVICE NOR DID I USE IT BUT IT MAY BE WORTH ASKING YOUR DOCTOR ABOUT.
- USE UNSCENTED SOAPS AND KEEP SOMEONE WITH YOU FOR THE FIRST SEVERAL TIMES THAT YOU SHOWER IN CASE YOU GET LIGHTHEADED.
- IF YOU ARE TRAVELLING HOME WITH A LONG DRIVE, STOP EVERY HOUR TO WALK AROUND.
- IF YOU ARE TRAVELLING VIA PLANE TO YOUR SURGERY SPEAK TO YOUR DOCTOR ABOUT HOW MANY DAYS/ WEEKS YOU WILL NEED TO SPEND IN THE SAME CITY.
- IF YOU HAVE ANY PAIN IN YOUR LEG OR A RED HARD AREA CALL YOUR DOCTOR.
- WHEN IN DOUBT ALWAYS CALL YOUR DOCTORS OFFICE.
- EVERYONE'S POST OP IS SO DIFFERENT, EVERYONE HEALS AND RECOVERS DIFFERENTLY AND EVERYONE'S PAIN THRESHOLD IS DIFFERENT.



# HEALING FROM SURGERY

## LEARNT FROM THE ENDOMETRIOSIS SUMMIT 2022.

- KNOW WHEN YOU WILL SEE YOUR DOCTOR FOR A POST OP FOLLOW UP APPOINTMENT.
- KNOW WHO TO CONTACT/ A CONTACT NUMBER IN THE MIDDLE OF THE NIGHT, AT WEEKENDS AND FOR EMERGENCIES.
- PRIOR TO SURGERY MAKE SURE ALL YOUR QUESTIONS ARE ANSWERED. FOR PRE OP, POST OP AND SURGERY. DON'T BE AFRAID TO ADVOCATE FOR YOURSELF. IF YOU DO NOT FEEL COMFORTABLE WITH SOMETHING, GET A SECOND OPINION.
- TRY HAVE SOMEONE WHO CAN STAY WITH YOU AND WHO WILL BE SUPPORTIVE THROUGH THIS PROCESS AND YOUR RECOVERY.
- ALWAYS FOLLOW WHAT YOUR PHYSICIAN TELLS YOU.

I HOPE THIS HELPS, I THOUGHT IT WAS USEFUL TO INCLUDE IT IN THIS GUIDE BUT PLEASE, ALWAYS SPEAK TO YOUR DOCTOR.

Very unrelated to the Endometriosis Summit but I have heard a lot of positive things on the surgery healing journey from members of the Endo community that could be worth exploring.

Infrared Sauna/ Red light therapy.  
Lymphatic drainage massage.  
Acupuncture.  
Pelvic Floor Therapy.



# FAB PRODUCTS..

THESE ARE NOT SPONSORED PRODUCTS, THESE ARE PRODUCTS THAT I GENUINELY USE THAT HELPS ME IN DAILY LIFE WITH ENDOMETRIOSIS. I THOUGHT IT WOULD BE USEFUL TO INCLUDE THESE.

## TOTM PADS

These are the most amazing Pads, like a mattress for your Fanny. They are organic cotton and have other amazing products. Available online or in most supermarkets.

£2.66+

[WWW.TOTM.COM](http://WWW.TOTM.COM)

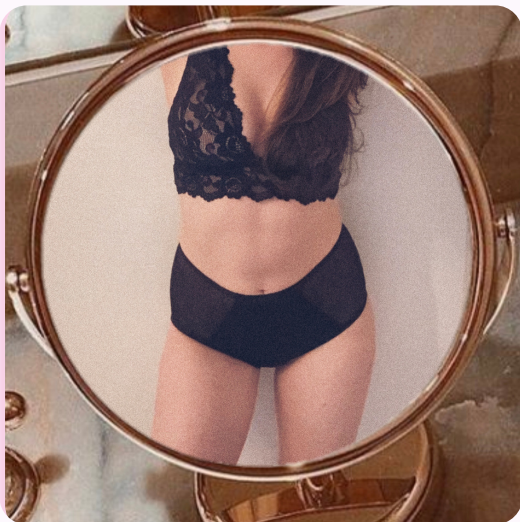


## CHEEKY WIPES/PANTS PERIOD PANTS

These changed my life. I used to sleep on top of towels and have broken sleep through paranoia but no more with Cheeky pants. I tested them on an 11 hour flight and not one leak.

£12.49+

[WWW.CHEEKYWIPES.COM](http://WWW.CHEEKYWIPES.COM)



## BEYOU PATCHES

These magical patches are a natural alternative to painkillers. I honestly could not be without them. It is a trans-dermal patch which releases steam distilled menthol and eucalyptus oils over 12 hours.

Use discount code -  
FANNYDIARIES1 for 10% off!

£7.99

[WWW.BEYOUONLINE.CO.UK](http://WWW.BEYOUONLINE.CO.UK)





# FAB PRODUCTS..

THESE ARE NOT SPONSORED PRODUCTS, THESE ARE PRODUCTS THAT I GENUINELY USE THAT HELPS ME IN DAILY LIFE WITH ENDOMETRIOSIS. I THOUGHT IT WOULD BE USEFUL TO INCLUDE THESE.

## TROPIC TAMANU BALM

This little all natural skin saviour balm from Tropic was honestly a life saver for my incision scars when they were starting to heal however, you can use it for multiple different things including lips and elbows! It has a 4.8/5 rating and hundreds of rave reviews. Read more about it at their website below.

20ML - £16

[WWW.TROPICSKINCARE.COM](http://WWW.TROPICSKINCARE.COM)



## SAVE MY KNICKERS

This product is amazing for removing all kinds of blood stains out of your fave pants, your bedsheets or anything and everything! There might be a bit of blood after surgery so this is a lifesaver!

[WWW.SAVE-MY-KNICKERS.COM](http://WWW.SAVE-MY-KNICKERS.COM)  
£14.99



## MY OBI

My Obi is a fab little portable heating/vibrating belt for on the go! I was super skeptical at first as I didn't think it would work for me but I genuinely love it.

I have worked with them in the past but this is no obligation to mention and not sponsored.

£60/\$79

[WWW.MYOBISTORE.COM](http://WWW.MYOBISTORE.COM)







**OUT OF SUFFERING HAVE  
EMERGED THE STRONGEST SOULS;  
THE MOST MASSIVE CHARACTERS  
ARE SEARED WITH SCARS.**

-  
KHALIL GIBRAN

# SURGERY ITINERARY

**SURGERY DATE:**



**LOCATION:**

☐

**EMERGENCY CONTACT/  
OUT OF HOURS DETAILS**

☐

**TICKED OFF REMAINING AFTER  
SURGERY CHECKLIST**

**NOTES TO REMEMBER FROM SURGERY**

# SURGERY WORDSEARCH

SOMETHING TO DISTRACT YOU WHILST YOU ARE WAITING.

A	V	M	U	T	E	R	U	S	O	L	Q
B	L	R	E	A	T	G	E	K	H	R	P
R	E	A	A	H	N	U	N	E	O	T	A
E	V	S	P	O	R	O	D	T	S	N	D
A	W	T	R	A	E	E	O	J	P	R	S
T	V	T	E	A	R	O	I	T	I	P	Z
H	S	U	P	E	R	O	T	R	T	E	T
E	V	R	V	A	D	I	S	U	A	O	E
R	V	A	D	A	R	O	L	C	L	P	A
Y	R	A	V	O	T	K	F	T	O	L	V
B	V	L	L	A	P	A	C	G	Y	P	I
U	F	A	N	N	Y	Q	U	E	E	N	Y

LAPAROSCOPY

HOSPITAL

FANNYQUEEN

ENDO

UTERUS

PAD

STRONG

OVARY

BRAVE

BREATHE

# MY SURGERY TIMELINE

Obviously every single persons surgery journey is so different however, I thought that it might be helpful to include my surgery timeline in this E-book to give you a rough idea.

- 7am - Check- in
- 7.30am - Had a talk with my surgeon, he explained what he would be doing and I had to sign documents to say that I agreed.
- 8am - The Anaesthetist came to see me for a chat and explained everything that would happen, and no food or drink.
- 9am - Nurses came with a dinner menu for me to choose from.
- 10.30am - Initial Surgery time.
- 1.30pm - Next Surgery Time.
- 5.45pm - Went down to surgery.
- 9.30pm - Back from surgery & kept overnight. Given some toast and peppermint tea.

# PRE- OP

Again, every single persons Pre-OP appointment is so different however, I thought that it might be helpful to include what happened at mine.

My pre-op was super quick, I was so nervous as I wasn't sure what to expect.

I met with a lovely nurse where she asked me questions about my health history, if I had any health conditions, if health issues ran in the family, what medications I was on and then took some blood samples & a urine sample.

She then handed me some leaflets on Laparoscopy Surgery, I signed some forms and off I went. It was that quick and simple.

Because she wasn't linked to my surgeon or my surgeon's team I was unable to ask questions. And I also think it could have possibly been super fast due to being in the height of the first lockdown of Covid.

Everyone has a different experience but I hope this helps in some way in the terms of what to expect.

# FOLLOW UP APPOINTMENT

I HAVE CREATED SOME FREE DOWNLOADS FOR YOUR FOLLOW UP APPOINTMENTS WITH WHAT QUESTIONS TO ASK AND HOW TO GET THE BEST OUT OF YOUR FOLLOW UP APPOINTMENT WEEKS AFTER YOUR SURGERY. IF ENDO WAS FOUND & IF ENDO WAS NOT FOUND DURING SURGERY, HOW TO NAVIGATE THAT SITUATION.

## AFTER SURGERY FOLLOW UP APPOINTMENT QUESTIONS.

All the things I wish I had asked in my follow up appointment, after my Laparoscopy Surgery. If Endometriosis WAS found.

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## HOW TO NAVIGATE NO ENDOMETRIOSIS FOUND DURING SURGERY.

All the things to ask if Endometriosis was NOT found during your Laparoscopy.

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*Sarah Victoria*  
*xoxo*



# PLEASE REMEMBER...

THAT YOUR RECOVERY TIME CAN VARY, NO ONE PERSON IS THE SAME. YOU COULD BE FINE WITHIN 2 WEEKS OR IT MAY TAKE LONGER. I TOOK ABOUT 8 WEEKS TO START FEELING SEMI NORMAL, AND AROUND 4-6 MONTHS TO START FEELING MY USUAL SELF.

PLEASE DO NOT RUSH YOUR RECOVERY PROCESS, YOU WILL ENCOUNTER TIMES OF FRUSTRATION AND DESPAIR BUT YOU HAVE TO REMIND YOURSELF THAT YOUR BODY HAS JUST BEEN THROUGH TRAUMA AND YOU MUST ALLOW IT TO HEAL, REPAIR AND RECOVER.

IT MAY ALSO BE WORTH NOTING THAT THE FIRST FEW PERIODS AFTER SURGERY CAN POTENTIALLY BE A ROUGH RIDE SO PLEASE ASK/ TALK TO YOUR DOCTOR ABOUT THEM. NO ONE WARNED ME AT ALL SO IT CAME AS A BIT OF A SHOCK. THE SAME FOR BOWEL MOVEMENTS.

YOU ARE PROBABLY FEELING EVERY SINGLE EMOTION POSSIBLE RIGHT NOW AND YOU WON'T SLEEP VERY WELL THE NIGHT BEFORE, I MUST HAVE HAD ABOUT 20 MINUTES SLEEP THE NIGHT BEFORE MINE, I WAS TERRIFIED BUT TRY FOCUS ON ALL THE ANSWERS THAT THIS COULD POSSIBLY BRING YOU, AND KNOW THAT YOU HAVE SOMEONE IN YOUR CORNER RIGHT BEHIND YOU!

I WISH YOU THE VERY BEST MY BABES AND I AM SENDING YOU ALL THE POSITIVE VIBES AND LOVE IN THE ENTIRE WORLD. YOU HAVE GOT THIS! YOU ARE FAR STRONGER THAN YOU THINK.

I LOVE SPEAKING WITH NEW PEOPLE AND I AM ALWAYS HAPPY TO ANSWER ANY QUESTIONS THAT YOU MAY HAVE, I WAS COMPLETELY ALONE FOR MY SURGERY AND AFTER RECEIVING MY DIAGNOSIS, I HAD NO ONE TO ASK QUESTIONS TO AND I KNOW HOW ISOLATING IT CAN BE.

HAVE THE MOST AMAZING DAY,  
SENDING  
LOTS OF LOVE AND HUGS - S X

lots  
of  
Love