Abstract: Technical aspects of laparoscopic insufflation technique and interaction among patient, technique, and physician can affect the performance of laparoscopy and patient safety. A variety of laparoscopic equipment was evaluated regarding insufflation performance in laboratory measurements and/or in an intraoperative computer-based data-acquisition model for intraabdominal pressure, gas flow, and temperature. In this article, we present 25 suggestions for improving insufflation performance and increasing patient safety. These tips may help avoid and solve insufflation problems and malfunction, over- and under-pressure peaks, laparoscopic hypothermia, and gas embolism, and shorten operation room and anesthesia time, thereby saving time, money, and physician stress.