

Hospital No:
NHS No:

Address

Derriford Hospital
Hospital Road
PLYMOUTH
PL6 8DH

Switchboard: 01752 202082
Textphone (for Deaf and hard of hearing
people) number: 01752 245246

17th November 2016

Dear,

Your Hysteroscopy Appointment

I am pleased to be able to tell you that an appointment has been made for you for **(add date)** at **(add time)** to attend the **Lancaster Suite, Zone D, Level 6, Derriford Hospital** for a Hysteroscopy to be performed.

Please read the enclosed Hysteroscopy information sheet.

If you will be bleeding heavily on this day please telephone as soon as possible so that we can rearrange your appointment. If you are attending clinic in order to have a coil removed this should be done within seven days of the start of your period. If the appointment you have been sent does not fall within this time, please telephone for a more appropriate date.

You are welcome to bring a relative or friend with you to your appointment.

We use a reminder service to advise patients of their appointments. You may receive a text, a telephone call from an operator or an automated message a few days before your scheduled appointment. If you do not wish to receive a reminder, please let us know.

There may be some additional information included with this letter. If there is, please take the time to read it and visit our website at www.plymouthhospitals.nhs.uk for further information, including details of the facilities available and travel advice.

We are a teaching hospital training medical and other health professionals for the future. We might ask you whether you mind having students present during your appointment or procedure. If you are not happy with this, please tell us when you arrive.

We are proud to be able to offer our patients an opportunity to be involved in research.
Please ask at your appointment for more information.

Sent on behalf of Plymouth Hospitals NHS Trust

Hysteroscopy Advice Sheet

Your doctor has advised you to have a procedure called a 'Hysteroscopy' as a result of your abnormal bleeding. It is important for the investigation to be carried out to establish a diagnosis and exclude underlying disease.

A Hysteroscopy is a technique that allows a doctor or trained practitioner to look directly into the womb. A fine fiberoptic telescope is passed very gently into the cervix (neck of the womb) into the womb itself. Normal Saline is passed through the scope to allow expansion of the walls of the womb, enabling the doctor to either make a diagnosis or to take a small sample from the lining. If possible the doctor could offer you some treatment on the day; an example of this is the removal of a polyp.

The Hysteroscopy Clinic within the Lancaster Suite is an outpatient clinic, as a result of this your procedure will be carried out under local anaesthetic. This enables the doctor to numb the cervix making the insertion of the telescope as painless as possible. Some ladies will not require anaesthetic at all. The procedure takes about ten minutes. There is no need to either fast or become nil by mouth prior to your visit.

During the procedure some ladies experience some cramping pains likened to period pain, this should subside very quickly after the procedure.

You may experience some light bleeding after your hysteroscopy so we recommend that you bring a sanitary pad with you.

You will be told of any findings on the day of your visit and advised of any treatment required.

It is important to take things easy for the remainder of the day. Whilst not essential to your visit, it is preferable to have someone to drive or accompany you home.

If you have any queries either before or following your visit please do not hesitate to contact one of the clinic nurses on **01752 763681**.

COLPOSCOPY - Advice Following The Biopsy Of The Cervix

This is a reminder of the information you have already been given.

A specimen (punch biopsy) has been taken from your cervix today.

When the result is available it will confirm if any treatment is necessary.

You may experience bleeding for a few days and spotting for up to a week.

While you are bleeding or have a discharge, use a pad, avoid tampons and sexual intercourse.

The solution we sometimes use following the biopsy to stop the bleeding has a tendency to turn black. You may notice black bits or a lump appear on your pad in a few days time. This is only the solution.

You may bath as normal; however, it is advisable to avoid swimming for the next 2 days.

If you need any further advice, telephone 01752 763682

Please do not hesitate to contact the clinic if you are worried or if you have any questions or queries that you did not ask at the time of your visit.

Telephone: 01752 763682

COLPOSCOPY

ADVICE AFTER TREATMENT

This is a reminder of the information you have already been given.

For the next 3 - 4 weeks you can expect some slight bleeding and a messy vaginal discharge, this may be very watery or very dark. **Do not be alarmed as this is to be expected.**

During these 3 - 4 weeks it is important that you refrain from sexual intercourse and the use of tampons. This is to avoid delaying the healing process.

If, after 7 - 10 days the discharge becomes offensive, you have bright red bleeding, cramping or a temperature, go along to your own doctor for a prescription as this is usually due to an infection.

If any bleeding persists or becomes heavier, please contact your G.P bearing in mind that the first period following treatment can be heavier than normal. For a few months to follow, some ladies experience a brownish discharge prior to their periods starting.

You may bath as normal; however, it is advisable to avoid swimming for the duration of your discharge.

Depending on the result you will be seen either by your GP or in the Lancaster Suite six months after your treatment. This is to check that everything is satisfactory and to have a smear taken.

All patients attending for a smear need to have at least 5 period free days at the time of their appointment. The ideal time is mid cycle (day 12-14). Day one being the first day of bleed.

IT IS IMPORTANT THAT YOU KEEP THIS APPOINTMENT

Please do not hesitate to contact the clinic if you are worried or have any queries you did not ask at the time of your visit.

Telephone: 01752 763682

File reference	W17FOI354
Key words	Hysteroscopy/Biopsy Information Leaflets
Date of release	07/09/2017
Attachments	Yes

Freedom of Information Act Disclosure log - Reply Extract

You asked

Please supply a copy of the Trust's (and any outsourced services) patient information leaflet(s) relating to outpatient hysteroscopy/biopsy

Our reply

Please find the three attached documents titled:

1. Hysteroscope letter and leaflet
2. Advice after bioscopy of the cervix
3. Advice after treatment (Colposcopy)

The hysteroscopy information goes out as a leaflet and is sent with the letter invite. The other documents attached are for colposcopy treatment or biopsy information and are given at the appointment – they are not in leaflet format nor on Trust headed paper, but just used as an information sheet.

Attachments included: Yes