

About Hysteroscopy

Your doctor has advised you to have a procedure called a Hysteroscopy as a result of your recent consultation.

A Hysteroscopy is a technique that allows a doctor or trained practitioner to look directly into the womb. You may have been referred to this clinic due to bleeding, findings of an ultrasound scan or needing to have an intrauterine device removed or inserted. It is important for the investigation to be carried out to establish a diagnosis, exclude underlying disease or provide treatment

What can I expect?

During the procedure, a fine fibre-optic telescope is passed very gently through the cervix (neck of the womb) into the womb itself. A saline solution is passed through the scope, enabling the doctor to look inside and make a diagnosis and sometimes to take a small sample from the lining.

The doctor may offer you some simple treatment on the day; for example, to remove a polyp or fit an intrauterine device. Sometimes, you may need to return on a different day to have any recommended treatment carried out.

Most women find the examination comfortable, although you may experience some cramping pains likened to period pain, this should subside very quickly after the procedure and many ladies will not require anaesthetic. However, we are aware that everyone's experience of pain is different and you may opt for your procedure to be carried out with the aid of local anaesthetic, entonox (Gas & Air) or under a general anaesthetic. Your healthcare professional can discuss this with you on the day and help make the right choice for you.

How should I prepare?

- You should ensure that you use contraception from your period immediately prior to your appointment until you are seen so that we are sure you are not pregnant at the time of the procedure.
- If you are attending clinic in order to have a coil removed you should refrain from intercourse for seven days prior to your visit or use an alternative method of contraception to avoid the risk of unwanted pregnancy.
- You may wish to take some simple pain relief such as Ibuprofen, one hour before your appointment.
- If you are bleeding on the day of your appointment, the procedure may still go ahead. Contact the clinic for advice.



- You may eat and drink as normal before your appointment.
- Your appointment time will last about 30 minutes but occasionally some consultations may overrun.

What happens after the procedure?

The findings of the procedure will be explained to you at the time and you will be advised if any further plans are needed and all options will be discussed.

If you feel well after the procedure, you may go home when you are ready. However, there is a quiet space available for you to recover before you leave the department, should you require.

You may wish to take things easy for the remainder of the day. In most cases, you will be able to drive yourself home; however, you may wish to have someone accompany you.

You will have a watery loss for a few hours and may have some spotting in the following days after the procedure. You will need to wear a sanitary pad after the procedure.

If you have any queries either before or following your visit please do not hesitate to speak to one of the clinic nurses via our appointments team on **01752 431595** who will be happy to help

Useful information

- The Royal College of Obstetricians and Gynaecologists' Leaflet about Outpatient Hysteroscopy is available here:

<https://www.rcog.org.uk/en/patients/patient-leaflets/outpatient-hysteroscopy/>

- The NHS website has lots of information about hysteroscopy and can be found here:

<https://www.nhs.uk/conditions/hysteroscopy/>

**This leaflet is available in large print
and other formats and languages.**

Contact: Administrator

Tel: 01752 431595

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