

OUTPATIENT HYSTEROSCOPY – PATIENT INFORMATION

We have made arrangements for you to come to the Women's Health Outpatient Department to have a hysteroscopy. This is a procedure that will allow the doctor to look inside your uterus (womb) using a narrow tube-like instrument called a hysteroscope. The hysteroscope is passed through the vagina and the cervix (neck of the womb) into the uterus, and it has a video camera which shows the doctor inside the uterus and this is displayed onto a computer screen. The doctor may also wish to use the hysteroscope to take a biopsy (small endometrial sample) of the lining of the uterus.

During this procedure you can choose whether or not to have a local anaesthetic to numb the neck of the womb. The procedure will take between 5 and 15 minutes.

Before you come to the outpatient clinic you will be advised to take some medication to reduce any pain, discomfort or nausea you may feel during the procedure. The recommended medications are Ibuprofen, 400mgs and Paracetamol, 2 tablets to be taken on the day at home prior to your appointment (except if you have asthma or any allergies to these medications).

Please arrive at the Women's Health Outpatient Department a few minutes before the time of your appointment. The doctor will talk you through what will happen during the procedure and what to expect afterwards, and then ask for your consent to continue. After the procedure the doctor will explain any findings and discuss the next steps in the management. You will then be taken through to relax in a comfortable chair and be offered a drink before going home. We would recommend you are accompanied by a friend or partner to drive you home.

You may experience some period-like cramps and mild bleeding, or watery discharge afterwards. This bleeding is usually mild and should settle within seven days. To reduce the risk of infection you should use sanitary towels rather than tampons. Take it easy for the first one or two days and take painkillers as needed.

Should you have any further questions about this procedure, or problems afterwards please contact Mrs. Tahir's secretary on 01432 364407 or the Women's health outpatient department.

Richard Beeken, Chief Executive

Museji Takolia, Chairman



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