

Gynaecology Suites

Out-patient Hysteroscopy Clinic for Post-Menopausal Bleeding

Thank you for attending the Post-menopausal Bleeding Clinic today. The investigations so far have highlighted a need for further assessment of your womb.

You have been given an appointment to attend this clinic on ____/____/____ at ____:____ for a hysteroscopy (telescopic examination of the womb) where we may take a small sample of tissue (biopsy) from the lining of your womb to help us with diagnosis and management.

You may wish to take some paracetamol or ibuprofen (if you are able to take this) an hour before your appointment as you may experience cramping and/or abdominal discomfort during the procedure.

Where do I attend?

Ward 23 Gynae Suites

Ward 23 is on the 2nd floor in the central part of University Hospital Coventry and Warwickshire (UHCW). Enter the hospital through the main entrance then turn left at the shops which face you as you enter and the lifts are on the right. Go to the 2nd floor and Ward 23 is on the right about 100 metres after you come out of the lift. There is a reception area on ward 23 and the nurses will be expecting you. Car parking can be difficult so please allow plenty of time to find a space.

You may bring someone with you or you can be dropped off.

Can I eat and drink prior to my appointment?

You can eat and drink normally prior to your appointment.

What do I need to bring with me?

A list of current medications

During the procedure

You will be asked to change into a theatre gown and remove any lower garments. You will then be taken into a room where you will lie on a special examination couch. A trained doctor will perform the procedure.

During the procedure, which takes about five minutes, you may experience cramping and/or abdominal discomfort. Please inform your nurse if this occurs so that you can be given further pain relief.



Patient Information

General points to remember about your medication:

- If you take regular medicine, do not stop it suddenly. Your body needs time to adjust to managing without it.
- It is important to take your tablets regularly.
- Painkillers are usually better at preventing pain, and not so good at dealing with severe pain. If you experience some troublesome pain, it is better to take painkillers sooner than to wait until the pain is really bad
- Follow the directions given to you by the healthcare professional or directed in the information leaflet supplied with the medication
- Do not take double doses if you forget to take your medication, take your normal dose when this is due
- If side effects are a problem, contact your doctor as soon as possible.
- Always let the pharmacist know what prescribed drugs you are taking if you buy anything over the counter

Vaginal bleeding

You should expect some vaginal bleeding. This should not be heavier than a normal period. The bleeding may last longer than a normal period as it takes some time for the lining of the womb to heal. If it continues for more than three weeks contact your GP for advice.

Vaginal discharge

It is normal to have a clear, watery healing discharge that can last for a couple of weeks. If this becomes offensive smelling or its appearance alters please contact your GP. To reduce the risk of this occurring we will prescribe you prophylactic antibiotics, please ensure that you complete the course. Should you experience any side effects, stop the antibiotics immediately and seek medical advice.

Returning to work

You should be able to resume work the next day.

Further hospital visits

We will inform you about the initial findings on the day of the test. If samples have been taken we will arrange communication of your results during your appointment.

When you get home

If you have

- **Excessive vaginal bleeding or greenish vaginal discharge**
- **Abdominal pain that is not controlled with pain killers**
- **High temperature (fever) of 38 degrees or above**
- **Severe nausea or vomiting**
- **Very fast heart rate, shortness of breath or dizziness**
- **Poor urine output**

Please seek advice from Ward 23 Tel: 024 7696 7000 or see your GP.

Patient Information

Advice is available 24 hours a day

If you have any further concerns or queries please contact Claire or Sharon on 024 7696 7222 Monday to Friday 8.00am to 5.00pm, or leave a message on the answering machine and we will call you back.

The trust has access to interpreting and translation services. If you need this information in another language or format please contact Claire Dobson on 024 7696 7222 and we will do our best to meet your needs.

The trust operates a smoke free policy.

Document History

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