

Our Ref:

Your Ref:

**Dorset County Hospital**

Williams Avenue

Dorchester

Dorset

DT1 2JY

Direct Dial:

E-mail:

## MENORRHAGIA CLINIC

Telephone: 01305 251150

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### Important Information about your visit:

- Your doctor has referred you for a specialist opinion because of your abnormal and heavy periods (menorrhagia).
- **You do not have to cancel your appointment if you are having a period, unless the bleeding is very heavy.**
- You are welcome to bring someone with you.
- We recommend you take 1g of paracetamol one hour prior to your appointment.
- **Please bring a panty liner/sanitary towel with you.**

**\*Please bring a URINE SAMPLE for pregnancy testing prior to the procedure.\***

### What will happen at the clinic?

- The specialist will take a brief history of your symptoms. Please keep a record of your last menstrual period, your last cervical smear and any current medication.
- Your consent will be obtained for any procedures required at this appointment.
- If appropriate, a hysteroscopy will be performed to find out any reason why you are having heavy periods.
- After the hysteroscopy we will discuss our findings with you and a plan made for you.

### What is a hysteroscopy?

- A hysteroscopy is a technique which allows the specialist to look directly into the womb.
- A thin telescope called a hysteroscope is passed very gently through the cervix (neck of the womb) into the womb itself.
- The specialist will see a clear view of your uterus (womb) via a television screen, which will help with a diagnosis.
- A local anaesthetic may be used to numb the area if required.
- A small sample may be taken from the uterus (womb) lining: this is a little uncomfortable (like a period cramp) but is usually well tolerated.
- The sample is sent to the laboratory for examination.
- You will be informed of the results either by our GP or at your next clinic visit.

### After the examination:

- You may have some spotting or bleeding which may last one to three days.
- You may have some period like pain – this will soon resolve or you may need to take a painkiller e.g. paracetamol or ibuprofen.
- Alternative treatments for your heavy periods will be fully discussed with you at your appointment and any questions that you may have will be answered.

### Can I speak to anyone before the appointment?

If you would like to chat to a nurse before your appointment please contact:

Gemma Harris, Junior Sister

on: 01305-255292