

Rockingham Wing
Gynaecology Outpatients

**Advice Following
An
Outpatient Hysteroscopy**

Information



What is a Hysteroscopy?

A hysteroscopy is a procedure carried out to examine the uterus

During the procedure the doctor uses a fine instrument to look inside your uterus (womb), through your cervix.

The doctor may give you a local anaesthetic into the cervix to make the procedure more comfortable for you.

A biopsy from the lining of the womb may also be taken. This will be sent to the Pathology Department for further investigation.

Please follow the advice below:-

- We advise that after the procedure you should rest for the remainder of the day.
- As you have not had a general anaesthetic there is no need for anyone to be with you. However, you may bring a companion with you if you wish.
- If you have any period type pain following the procedure, please take the pain relief that you would normally take for a headache, such as ibuprofen. Do not exceed the recommended dose as written on the packet.
- You may have some light bleeding for a few days after the procedure. This is quite normal. However please do not use tampons, go swimming or have sexual intercourse while you still have the discharge.
- If you feel the bleeding or discharge has become heavy, has an offensive odour, or you have any abdominal pain which is not relieved by pain relief, please do not hesitate to contact either us or your GP.

Follow up advice after treatment

- Once the doctor has the result of any biopsy that has been taken then they will write to you.
- If the doctor has decided that you need a further outpatient appointment following your procedure, you will be asked to make this as you leave the clinic or you may receive the appointment through the post.
- It may have been decided that you need a small operation. The date for this will be agreed with you before you leave the outpatient department or you may receive this through the post.
- If you require an operation you will also receive an appointment for your pre-operative assessment. It is important you attend this appointment otherwise your admission for your operation may be cancelled.
- We will be happy to answer any queries or questions that you may have, however we cannot give out personal information over the telephone.

Contact Numbers

If you have any worries or queries, we will be pleased to discuss these with you over the phone, on the contact numbers given below.

We are, however, unable to give out personal details regarding the patient's operation over the telephone.

Colposcopy Service, Gynaecology Outpatients
Monday to Friday 9.00am – 5.00pm
☎ Tel. 01536 492868/492866

Maple Ward (anytime) ☎ Tel. 01536 492911

Alternatively you can contact one of the following services:

- Your own GP or Practice Nurse
 - www.nhs.uk/111
 - NHS 111 Service

If you need this information in another format or language, please telephone 01536 492510.

Further information about the Trust is available on the following websites:

KGH - www.kgh.nhs.uk | NHS Choices - www.nhs.uk

