

Kettering General Hospital

NHS Foundation Trust



Gynaecology Outpatients  
Rockingham Wing.

Information for patients referred to  
the Outpatient Hysteroscopy Clinic

Information



## Why do I need to attend a Hysteroscopy clinic?

You may have been to see your doctor as you are having problems with your periods, such as heavy or irregular bleeding. You may also have been having some bleeding after the menopause or there may be another reason the doctor would like to look inside your uterus (womb) with a camera.

The purpose of this clinic appointment is for you to see a specialist to try and find the cause of your problems. You may also, have an ultra sound scan at this appointment.

On arrival in Rockingham Wing, you need to book in at the Ultrasound Desk **and** the Outpatients reception desk. They will give you a form to put on a trolley in Outpatients to let the staff know you are here.

## Pain relief

Some ladies find the procedure uncomfortable and you may wish to take some pain relief an hour before the appointment, such as Ibuprofen 600mgs or 1gm of paracetamol. You can easily buy this at any supermarket / chemist. If you cannot take these types of pain relief, please take what you would normally use for a headache.

We advise you to bring a friend or relative to the clinic with you as you may not wish to drive home and you are not advised to use public transport.

## Ultrasound Scan

An ultrasound scan may be required prior to your Hysteroscopy.

An ultrasound scan is an examination that obtains a picture of the pelvic organs of the inside of the abdomen, by using a special probe. The examination may be abdominal and vaginal. You may feel some discomfort from the pressure of the probe whilst it is being used internally. If you have any concerns, questions or anxieties, please speak to the staff.

## What is a Hysteroscopy?

A hysteroscopy is a procedure carried out to look inside your womb.

During the procedure the doctor uses a fine instrument to look inside your uterus (womb) using a water solution.

A local anaesthetic is not normally required as the procedure is usually well tolerated, but at times the

doctor may use 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.

If you wish, you will be able to see the procedure on the monitor screen in the room. The procedure takes between 10- 20 minutes.

After the procedure you will be taken to the recovery area for a short rest and a drink. The nurse will take your blood pressure and check you are feeling well before you are allowed to go home.

### **Please Follow the Advice Below:-**

- You should rest for the remainder of the day.
- If you have any period type pain following the procedure, then whatever pain relief you would normally take for a headache, such as paracetamol, should be sufficient,.
- You may have some light bleeding for a few days after the procedure. This is quite normal. However please do not use tampons or have sexual intercourse while you have the discharge. Do not go swimming whilst you have any vaginal discharge.

- If you feel the bleeding or discharge has become heavy or has an offensive odour, or have any abdominal pain which is not relieved by painkillers, please do not hesitate to contact either us or your GP.
- The procedure will not affect your menstrual cycle.

## 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 sent through the post.
- If you require an operation you will also receive an appointment for your preoperative assessment. It is important you attend this appointment otherwise your admission for your operation may be cancelled.
- We will be happy to answer any questions that you may have, but we cannot give out personal information over the telephone.

## Risks of Hysteroscopy

While diagnostic procedures are generally very safe, there is always a small risk of complications arising. These include:-

- Heavy Bleeding
- Perforation of the womb.
- Damage to the bowel
- Lower abdominal pain
- Infection
- Failure to visualise the uterine cavity (Unable to see inside the womb).

As a result of a complication arising you may need to stay in the hospital for another operation to correct these risks. You will have the opportunity to discuss these risks with the doctor prior to the procedure

## 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.

Please note we are unable to give out personal details regarding patients' operations over the telephone.

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](http://www.nhs.uk/111)
  - NHS 111 Service

Reference - Hysteroscopy, Best Practice in Outpatient.  
Royal College of Obstetricians and Gynaecologists.  
2011.

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](http://www.kgh.nhs.uk) | NHS Choices - [www.nhs.uk](http://www.nhs.uk)

