

Hysteroscopy Advice Sheet

Your doctor has advised you to have a procedure called a 'Hysteroscopy' as a result of your abnormal bleeding. It is important for the investigation to be carried out to establish a diagnosis and exclude underlying disease.

A Hysteroscopy is a technique that allows a doctor or trained practitioner to look directly into the womb. A fine fiberoptic telescope is passed very gently into the cervix (neck of the womb) into the womb itself. Normal Saline is passed through the scope to allow expansion of the walls of the womb, enabling the doctor to either make a diagnosis or to take a small sample from the lining. If possible the doctor could offer you some treatment on the day; an example of this is the removal of a polyp.

The Hysteroscopy Clinic within the Lancaster Suite is an outpatient clinic, as a result of this your procedure will be carried out under local anaesthetic. This enables the doctor to numb the cervix making the insertion of the telescope as painless as possible. Some ladies will not require anaesthetic at all. The procedure takes about ten minutes. There is no need to either fast or become nil by mouth prior to your visit.

During the procedure some ladies experience some cramping pains likened to period pain, this should subside very quickly after the procedure.

You may experience some light bleeding after your hysteroscopy so we recommend that you bring a sanitary pad with you.

You will be told of any findings on the day of your visit and advised of any treatment required.

It is important to take things easy for the remainder of the day. Whilst not essential to your visit, it is preferable to have someone to drive or accompany you home.

If you have any queries either before or following your visit please do not hesitate to contact one of the clinic nurses on **01752 763681**.