



OUTPATIENT HYSTEROSCOPY



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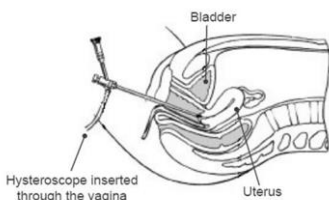
Barking, Havering and Redbridge University Hospitals NHS Trust



WHAT IS HYSTEROSCOPY?

Hysteroscopy is a procedure that allows the consultant or nurse practitioner to check the lining of the womb. This is done by passing a narrow telescopic instrument called a hysteroscope through the vagina and cervix (neck of the womb) and into the womb. The hysteroscope is attached to a camera which sends pictures to a computer screen inside the consulting room. This allows the consultant or nurse practitioner to check the lining of the womb. These pictures cannot be viewed by anyone else.

DIAGRAM OF THE UTERUS AND HYSTEROSCOPE



WHY IS IT NECESSARY?

There are a number of reasons why you may have been offered

hysteroscopy. The consultant or nurse practitioner will discuss this with you. Hysteroscopy is usually performed to check for any abnormality within the lining of the womb for example: polyps, fibroids, an abnormal womb shape, pre-cancerous changes, cancer, to remove scar tissue or to retrieve a coil. On some occasions hysteroscopy as an outpatient is not suitable and other options may be discussed with you.

WHAT SHOULD I DO TO PREPARE?

You should eat and drink as normal. Please do not come in to hospital on an empty stomach.

If you are of child bearing age, it is important to use contraception for the month prior to your hysteroscopy appointment.

If you think you may be pregnant, please inform the clinic staff.

It is advisable to take your own pain relief one hour before your

appointment and let clinic staff know what pain relief you have taken. We recommend you take two x 500mgs tablets of paracetamol by mouth if not contraindicated

Please bring a list of your current medication with you.

Please bring some maternity pads as you will need these after the procedure.

You should arrange for a friend or family member to escort you home.

You will not be allowed to have children with you during your hysteroscopy appointment.

WHAT SHOULD I DO ABOUT MY MEDICATION?

You should continue taking all your normal medication on the day of the procedure.

WHAT HAPPENS DURING HYSTEROSCOPY?

You will be escorted into the hysteroscopy room and

introduced to the staff. The consultant or nurse practitioner may insert a vaginal speculum (the same instrument used during a cervical smear test) so that he or she can look at your cervix. The consultant or nurse practitioner will gently pass the hysteroscope through the cervix into your womb. You will be asked if you would like to look at the pictures coming from the hysteroscope onto the screen. Some ladies find this helpful. During the procedure, a health care assistant will be there to support you. You may experience a period like cramping pain during the procedure which is normal.

WHAT CAN I EXPECT AFTER HYSTEROSCOPY?

Following hysteroscopy you will be able to go home. You should feel well enough to walk, travel by bus or train. You may experience some mild bleeding (this is normal) that should settle within 7 -10 days. You should take it easy for the remainder of the

day and resume your normal activities the following day. If you are experiencing period like cramps you should take your usual pain relief.

ARE THERE ANY RISKS ASSOCIATED WITH HYSTEROSCOPY?

The most common risks with hysteroscopy are bleeding and pain. Rarely a small hole (perforation) may be made in the womb. If this happens you may need to stay in hospital overnight. It is also possible although not common, to develop an infection of the womb as a result of hysteroscopy.

HOW WILL I KNOW THE RESULTS?

After the hysteroscopy, the consultant or nurse practitioner will discuss their findings with you and give you the opportunity to ask any questions you may have. Following this, we may:

- Give you an appointment to attend the gynaecology

outpatients department for further discussion

- Write to you with the result of any investigations that have been taken
- Discharge you from the clinic.

WHO DO I CONTACT IF I EXPERIENCE ANY PROBLEMS?

You should contact your GP or NHS 111 if you develop any problems such as:

- a rise in body temperature
- increased unexplained pain not relieved by pain relief
- increased vaginal discharge, which is offensive
- heavy vaginal bleeding.

Cornflower B Ward offers a 24/7 emergency gynaecology service – call 01708 435 092.

In an **emergency** please go to your nearest Emergency Department.

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