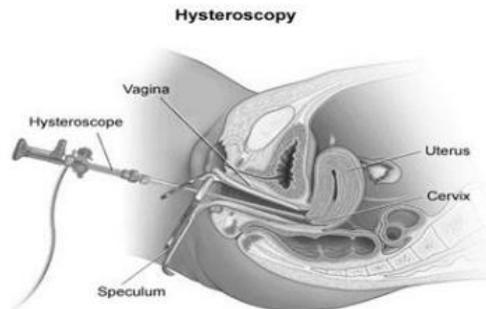


**Outpatient Hysteroscopy Information leaflet**

As with any procedure it is very important that you understand what is going to happen. We request that you read this booklet fully. If you have any queries, please do not hesitate to discuss any questions with us.

**What is an Outpatient Hysteroscopy?**

A hysteroscopy is the investigation to look inside the womb using a very narrow telescope. It is a common procedure performed in the gynaecology department. The telescope is introduced gently through the vagina and passed through the neck of the womb (cervix). It is possible to perform this hysteroscopy investigation in the gynaecology department with or without the use of local anaesthesia in most patients.



The hysteroscopy investigation takes approximately 5-15 minutes. During the investigation you will lie on an examination couch and rest your legs in two supports; your legs will be covered with a drape.

We advise that you take your normal method of pain control 45 minutes before your appointment to help with any mild discomfort you may have during the investigation.

**What is an Endometrial Biopsy?**

To investigate the cavity of the womb adequately, there is a need to take a sample from the endometrium (lining of the womb). This is taken via a narrow tube called a 'Pipelle' or via the hysteroscope. Most women experience some period-like cramps during this time but they will settle quickly afterwards.



### **What is a Polypectomy?**

Polyps are similar to skin tags and found within the cavity of the womb. The polyps can vary in size and are commonly found during a hysteroscopy investigation. The removal of a polyp is called a polypectomy. If a polyp is found during your hysteroscopy investigation a polypectomy can be performed at that time.

### **Why do I need these tests?**

A hysteroscopy can help find the cause of the problems you are having, such as:

- heavy, vaginal bleeding
- irregular periods
- bleeding between periods
- bleeding after sexual intercourse
- bleeding after menopause
- persistent discharge
- any other problems where you and your doctor thought a hysteroscopy should be carried out.

### **Are there any alternatives?**

Hysteroscopy is considered the gold standard investigation to check the cavity of the womb. However, many women will not need a hysteroscopy. An ultrasound scan is often used in assisting with investigations of symptoms. If the ultrasound scan is entirely satisfactory a hysteroscopy may not be necessary. Your doctor will discuss this with you and we will always take your preference into consideration.

### **Are there any risks?**

Any medical procedure has risks. We take adequate precautions to avoid any problems. A hysteroscopy is a very safe procedure with a low risk of complications. Less serious but relatively more frequent risks are bleeding and infection.

The serious but less common risks are:

- the overall risk of serious complications from diagnostic hysteroscopy is approximately two women in every 1000
- damage to the uterus
- failure to gain entry to uterine cavity and complete intended procedure
- damage to bowel, bladder or major blood vessels (rare)
- infertility (rare)
- three to eight women in every 100 000 undergoing hysteroscopy die as a result of complications (very rare).

### **How do I prepare myself for my Hysteroscopy investigation?**

#### **Will I need a scan?**

Once you attend your clinic appointment you will be advised if you need an ultrasound scan. Not every person needs one. If you do need a scan you will be given an internal scan as this gives us more information. For an internal scan you will need to empty your bladder.

**What should I wear?**

It is advisable to wear comfortable clothing for hysteroscopy. You will be asked to remove all clothes from below the waist for the procedure.

**Valuables**

It is advisable not to bring valuables.

**Accompanying person**

It is helpful if you can be accompanied by someone who can drive you back home but this is not essential.

**Can I have sex before this procedure?**

Sexual intercourse does not affect your hysteroscopy investigation. We do advise that if you use a spermicidal barrier method of contraception or lubricant jelly you should refrain from using them for 24 hours before your Hysteroscopy in case you need a smear test at your appointment.

**Do I have to stop the contraceptive pill?**

No you should continue with your contraceptive pill but please do mention any medication to the doctor at your appointment.

**What if I could be pregnant?**

If you think there is any possibility that you could be pregnant please discuss this with us. This is very important and you MUST not have a hysteroscopy if you are pregnant. We can do a pregnancy test but please note that a negative pregnancy test does not always exclude a very early pregnancy.

**What if I am having a period on the day of my hysteroscopy?**

A hysteroscopy is best done when you are not having your period. If you are on your period then findings of your hysteroscopy investigation may be difficult to interpret. Please discuss this with us as we may need to reschedule your appointment. However, if you are bleeding after going through the change (menopause), it is very important to see you as soon as possible.

**What happens afterwards?****Recovery**

After the procedure we have a dedicated recovery area where you can sit and have a drink if you wish to. The doctor will explain the findings of the hysteroscopy. If a biopsy was taken they will discuss with you how you will receive the results. You may be informed of the results in writing or at a clinic appointment at a later date. Results can take up to two weeks to be obtained.

**Returning to normal activities**

You will be able to return to normal activities after your hysteroscopy. We do advise however, that you shower rather than have a bath for a few days afterwards and avoid public swimming pools, tampons and vaginal douching for two weeks. If you experience vaginal bleeding following your hysteroscopy it is advisable to avoid



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sexual intercourse as this it may increase the chances of infection. Normally women go back to work on the day following day a hysteroscopy. However, everybody is different. Your doctor will advise you if you need more rest.

**When to seek medical advice**

It is normal to have a few days of bleeding, vaginal discharge or period- like cramps after a hysteroscopy.

You need to seek medical advice if you experience any of the following:

- your vaginal discharge becomes offensive
- you develop a fever
- your vaginal bleeding becomes heavier than your period
- you experience excessive pain.

We advise that you ring The Rylon Clinic who will advise you further.

Should you have any queries regarding your appointment or procedure please contact the Rylon Clinic on 02031287079 or [contact@rylonclinic.com](mailto:contact@rylonclinic.com)