

Does someone need to come with me?

Whilst it is not necessary to have someone with you, you may prefer to bring someone along with you for support.

Do I need any time off work?

You will need to have the day of the procedure off work, but it is not usually necessary to have any other time off.

When will I get the results?

The doctor or nurse will be able to explain what the hysteroscopy has shown straight away and plan any treatment with you. If a biopsy was taken the results of this will take about 2 weeks to come through. The doctor will write to you and your GP with the results once they are available.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk



Outpatient Hysteroscopy

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Aim of the leaflet

This leaflet is aimed at patients attending the Outpatient Hysteroscopy Clinic and will explain what will happen.

Hysteroscopy

Hysteroscopy is the examination of the inside of the womb (uterus) using a fine telescope, called a hysteroscope.

Why would I need a hysteroscopy?

The procedure is usually performed when you have been experiencing problems with bleeding or with your periods. This can be bleeding in between your periods, heavy periods or bleeding after the menopause.

Looking inside the womb allows the doctor or the specially trained nurse to check for any abnormality which may be causing the problem. It also helps them decide what would be the most suitable treatment for you.

What will happen?

You will be seen by either the nurse or the doctor. They will ask you about recent symptoms and also about your health in general. Following this discussion they will decide if a hysteroscopy is required. The hysteroscopy can be performed at this out-patient appointment; it is a simple procedure that is well tolerated by most women. However, if you feel that you would prefer to have an anaesthetic, this option will be discussed with you at your consultation.

What does having a hysteroscopy involve?

The doctor or the nurse will explain the procedure to you and ask you to sign a consent form. If there is anything you do not understand, please ask.

You will be asked to remove your lower garments and to lie on a special couch, covered by a sheet. The doctor or nurse will then do an internal examination to feel the size and the position of the womb.

A speculum is inserted into the vagina; this is similar to having a smear taken. The neck of the womb (cervix) is cleaned and then the hysteroscope is inserted through it into the womb. A camera is attached to the hysteroscope which allows the inside of the womb to be seen on a television screen.

After the doctor or nurse has done the hysteroscopy a biopsy may be taken. This involves passing a fine tube into the womb.

Does it hurt?

Whilst most women tolerate the procedure very well, for some women the procedure can be quite uncomfortable, especially when the biopsy is taken. In order to minimise the discomfort you experience we advise you take 1 gram of Paracetamol and 400 milligrams of Ibuprofen, 30 minutes prior to treatment. If you have an allergy to these medications ring for advice prior to treatment. You may also experience some period type pain afterwards but this should settle down quite quickly.

Sometimes the neck of the womb needs to be stretched so that the hysteroscope can be inserted. If this needs to be done the doctor or nurse may need to use some local anaesthetic.

You will probably have some bleeding afterwards. This will usually settle down within 3 to 4 days, but can last for up to 2 weeks.

How long does it take?

The consultation lasts about 15 to 20 minutes, although the hysteroscopy itself only takes about 5 minutes. Sometimes you can feel a little shaky afterwards. If this is the case you will be asked to take a seat for about 10 minutes or until you feel better.