

How long does it take?

The hysteroscopy itself only takes 5 to 10 minutes although the total appointment time is usually 20 to 30 minutes.

Does someone need to come with me?

We advise you to bring a family member or friend when you attend to discuss results or for treatment.

Do I need to have time off work?

It is advisable to have the rest of the day off work following the procedure, but no other time off is necessary.

Can I have the hysteroscopy performed if I am bleeding?

If you have only slight bleeding or spotting, you can still have the procedure performed. However, if you have heavy bleeding at the time of your appointment, please inform the department on 01205 445426 or 445431 and remake another appointment. It is important to let us know if you wish to cancel, so that the appointment can be used for someone else.

When will I get the results?

The doctor or nurse will discuss the findings and the next steps with you. The biopsy results usually return in 2 to 3 weeks and will be copied to your GP.

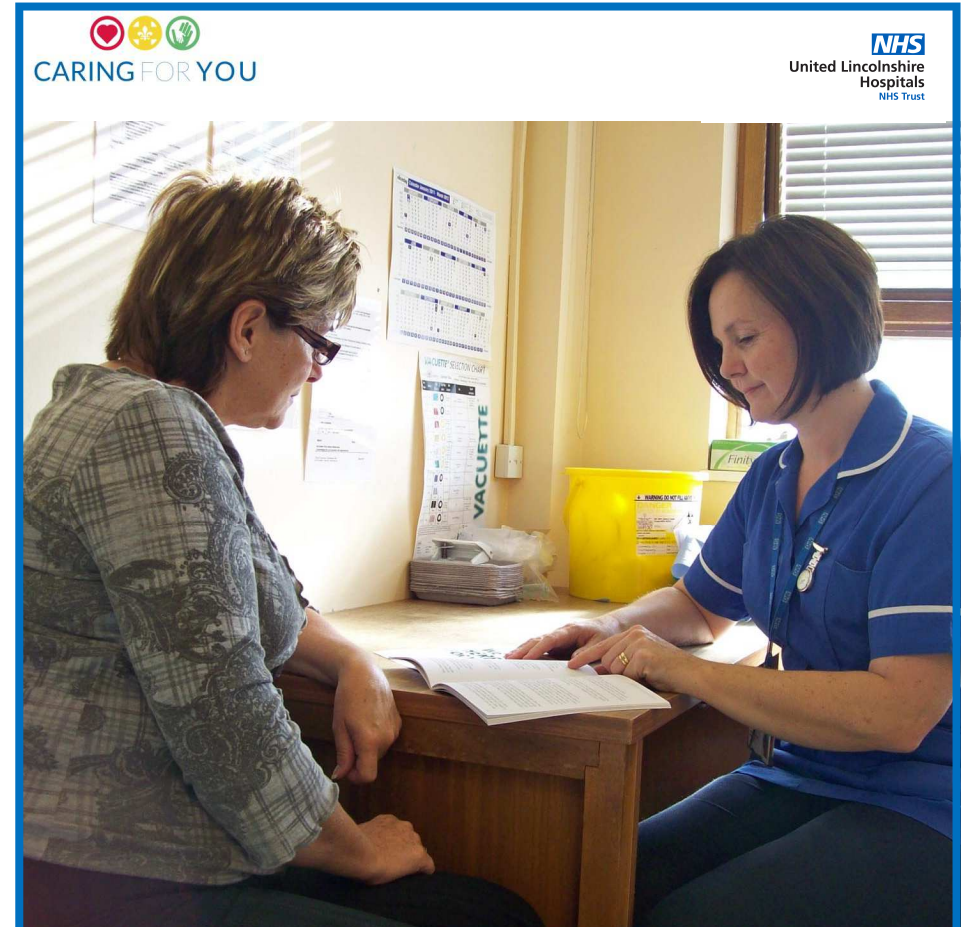
Contact Details

If you have any questions regarding hysteroscopy please contact either:

Gynaecology Clinic: 01205 445422
Ward 1B: 01205 445431
Gynaecology secretaries: 01205 445579

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 e-mail the Patient Information team at patient.information@ulh.nhs.uk



Outpatient Hysteroscopy

Gynaecology Department
Pilgrim Hospital

www.ulh.nhs.uk

Your Hysteroscopy appointment

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at hours

Please report to Gynaecology Clinic reception, Maternity block.

Aim of the leaflet

This leaflet aims to tell you what a hysteroscopy is and to tell you what will happen when you attend the hospital for the procedure.

What is a 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 specially trained nurse to check for any abnormality which may be causing the problem. It also helps decide what would be the most suitable treatment for you.

Before arriving for your appointment

We would advise you to take simple pain relief such as paracetamol or ibuprofen, 1 hour before your appointment. This is to help reduce any crampy discomfort you may experience during the procedure.

What will happen at the appointment?

You will be seen by the doctor or nurse. They will ask you about the symptoms you have been experiencing and about your health in general. They will explain the procedure to you and ask you to sign a consent form. You will be able to ask any questions.

What happens during the procedure?

You will be shown to a changing area and asked to remove your lower garments. Once covered by a sheet, you will be taken to the examination room and made comfortable on a special couch for the examination. A nurse will be present with you at all times during the procedure.

The doctor or nurse will examine you internally to feel the size and position of the womb. A speculum is then inserted into the vagina, this is similar to having a smear taken.

The neck of the womb is then cleaned and the hysteroscope is inserted into the womb through the cervix. A camera is attached which allows the inside of the womb to be seen on the screen – you may view this if you wish. The womb is flushed with water to enable a clear view.

After the procedure is complete, a routine sample will be taken from the womb lining, by passing a thin tube and gently removing some cells.

Once you are dressed the doctor or nurse will discuss the findings with you.

Does it hurt?

You may experience some mild discomfort and some period type pain when the biopsy is taken. This usually settles very quickly. Sometimes the neck of the womb needs to be stretched to allow the hysteroscope to be inserted, if this is the case, it will be discussed with you first.

Occasionally patients feel a little shaky afterwards and if this is the case, you will be asked to rest for a short while until you feel better.

You will have some bleeding vaginally after the procedure. This usually settles down within 2 to 3 days, but can last up to 2 weeks. You are advised to wear pads rather than tampons for this bleeding and not to have sexual intercourse until it has stopped.