

time to recover afterwards before leaving the clinic.

### **What happens after the procedure?**

Once the treatment is completed, you will be offered refreshments before being discharged home.

Following the treatment, you may continue to experience stomach cramps for about 2 to 4 hours. Continue to take your pain relief if required.

You will probably have some bleeding afterwards. This will usually settle down within a few days. We advise that sanitary towels should be used during this time (rather than tampons), to reduce the risk of infection. Also avoid sexual intercourse until the bleeding settles.

### **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?**

Any tissue removed during the procedure will be sent for detailed examination. The doctor or nurse will write to you and your GP with the results (only if they are abnormal) once they are available (3 to 4 weeks).

If you have any questions about the procedure, please contact the Unit on 01522 572338 9.00am to 5.00pm Monday to Friday.

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](mailto:patient.information@ulh.nhs.uk)



# Outpatient Truclear Polypectomy

Gynaecology Department  
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Monday to Friday 9.00am to 5.00pm  
[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

### **Truclear procedure to remove endometrial polyp**

This involves a hysteroscopic examination of the inside of the womb (uterus) using a special scope called a hysteroscope. A device is passed through the hysteroscope to remove the polyp under direct vision.

### **Why would I need a Truclear procedure?**

The procedure is performed when a previous hysteroscopy has identified a polyp growing inside the uterus (womb).

**Endometrial polyps** grow from the lining of the uterus, known as the endometrium. These polyps cause irregular spotting, pre-or postmenstrual staining and bleeding after menopause. The incidence of polyps increases with age and typically peaks between the ages of 40 to 50, but can be seen earlier. Although cancerous polyps are not common, the risk does rise with postmenopausal bleeding and increasing age. Therefore, it is suggested that these symptomatic polyps be removed for testing.

### **What are the benefits of Truclear procedure?**

Truclear polypectomy offers the following benefits:

- it is a safe, fast and minimally invasive procedure
- it can be performed in an out-patient clinic
- It does not require anaesthesia
- It doesn't require any incisions (cuts) or use any electricity inside the uterus so reducing the risk of damaging the lining of the womb
- it provides direct view of the inside of the womb
- minimal recovery time

### **What does having a Truclear procedure to remove polyp 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 underwear 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 hysteroscope is inserted into the vagina; then passed into the womb through the cervix (the neck of the womb), with the aid of some saline infusion fluid. A hysteroscope contains a camera and light which allows the inside of the womb to be seen on a viewing screen and the polyp can be visualised.

Once the polyp has been identified, the Truclear device is passed down the hysteroscope to remove the polyp under direct vision.

The sample will be sent to histology to check on the nature of the polyp.

### **What are the drawbacks of the procedure - does it hurt?**

Whilst the treatment is taking place, you may experience some strong cramping pains, similar to period pain. In order to minimise the discomfort you experience, we advise you take 1 gram of Paracetamol and 400 milligrams of Ibuprofen, half an hour before treatment. If you have an allergy to these medications, please ring for advice prior to treatment. You will be offered Entonox (Gas and Air) during the procedure if required.

### **Please be aware that if you do require gas and air, you will need someone to drive you home.**

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

There is a small risk of uterine perforation which may mean an overnight hospital stay.

### **How long does it take?**

The appointment takes about 30 minutes, although the Truclear polypectomy itself only takes a few minutes. You will be given