



Hysteroscopy

Information for patients from Women's Health

What is hysteroscopy?

Hysteroscopy is a procedure for looking inside the uterus (womb). It is carried out using a hysteroscope, which is a small camera that is passed through the vagina and cervix to see inside of the uterus.

How will a hysteroscopy help?

Hysteroscopy is performed to help in the diagnosis of heavy or irregular periods, bleeding between periods, post menapausal bleeding, and in some cases of repeated miscarriage. Hysteroscopy is also used in certain treatments of menstrual problems such as the removal of polyps/fibroids and endometrial ablation.

Are there alternatives?

An ultrasound scan is usually carried out before a hysteroscopy, but this gives a more limited view of the inside of the uterus.

Is the treatment safe?

Hysteroscopy is a minor procedure/operation and is relatively free of problems. You can expect to experience some vaginal bleeding for up to a week after your procedure.

There is a low risk of infection and an extremely low risk of the uterus being perforated by the hysteroscope itself (less than one in 1000). Infection can present with increased vaginal bleeding and/or an offensive discharge. If this happens you will need a course of antibiotics from your GP.

How is the hysteroscopy performed?

A hysteroscopy can be performed as an outpatient with or without local anaesthetic (you are awake but the area is numbed), or as an inpatient in the Day Surgery Unit under general anaesthetic (you will be asleep). Outpatient hysteroscopy is suitable for most women but you and your doctor will decide which is most appropriate for you.



What are the advantages to having the hysteroscopy as an outpatient?

- There are no unwanted side effects of general anaesthetic.
- You can speak with the hysteroscopist (doctor or specially trained nurse) during and immediately after your procedure.
- You will be able to go home soon after your procedure with a plan for future treatment as needed.

What should I do before I come into hospital?

If you are having your procedure as an outpatient, it is sensible, but not essential, to bring someone with you so that you do not have to drive yourself home. If you feel nervous then see your GP or contact the hysteroscopy nurse co-ordinator before your procedure to discuss your concerns.

If your operation is planned under a general anaesthetic you may be asked to attend a preassessment clinic. You may have blood tests before your operation. You should be aware of the instructions in your letter of admission, particularly with regard to fasting before your surgery.

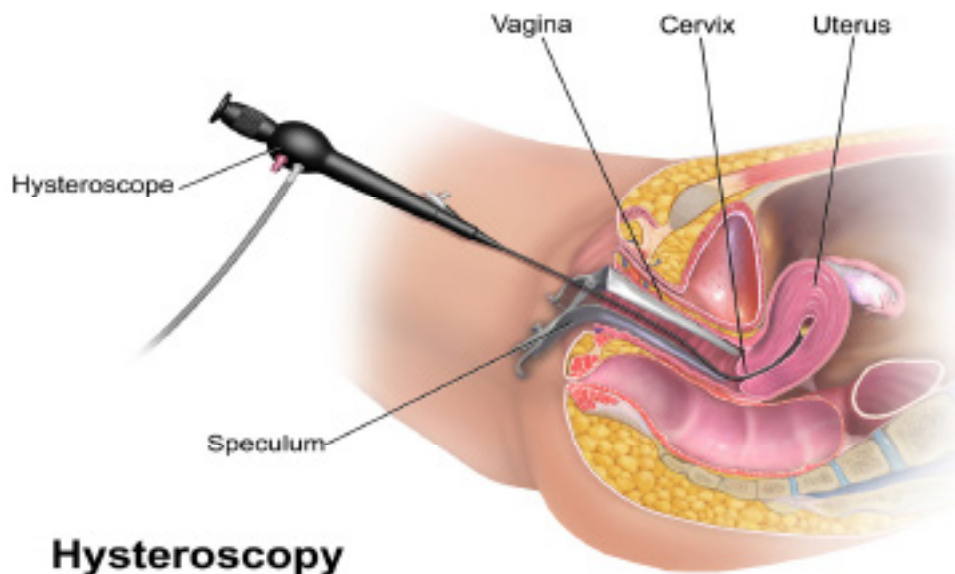
What will happen when I arrive at hospital?

Before your procedure the hysteroscopist will talk to you and answer any questions you may have. If this is in the outpatient clinic, you will be asked to remove your clothes below the waist. A trained nurse will be with you throughout the procedure.

If the daycare option is chosen then on admission to Day Surgery you will be greeted by a member of the ward team, who will discuss with you the care you will receive whilst you are in hospital. You will also be seen by your consultant or one of their team. You will be asked to remove make-up, nail varnish, and jewellery.

What will happen during my procedure?

After lubrication is added, the hysteroscope (a thin camera about the diameter of a drinking straw) will be inserted through your cervix (neck of the womb) and into your uterus. A speculum may be inserted in your vagina (as for a smear) to help with the procedure. It is sometimes necessary to use a local anaesthetic; this will either be as a gel or an injection.



In order to get a good view, a small amount of liquid is released through the hysteroscope to fill your womb; this allows the hysteroscopist to see the whole of the lining of your womb.

A biopsy (a little bit of tissue) from the lining of your womb may be taken at this time. Occasionally small polyps may be removed or cauterised under local anaesthetic.

Will I have to stay in hospital?

Most people having an **outpatient hysteroscopy** will be in the clinic 20 to 30 minutes. No recovery time is needed and you are ready to go back to your usual commitments soon after your procedure. You may prefer to take the day off work as you might feel a little uncomfortable afterwards.

The majority of **general anaesthetic hysteroscopies** are performed as a day case and you can expect to be discharged home within a couple of hours. You should always have someone at home with you, and have access to a telephone on the night following surgery. In certain cases, you may be advised to stay in hospital overnight after surgery.

How will I feel afterwards?

Most patients leave after their procedure saying it was not as bad as they expected. During the procedure you may experience some period type pain. Painkillers you are likely to have at home, such as paracetamol or ibuprofen, should help with the pain and we advise that you take these approximately two hours before your procedure.

You can expect to experience some vaginal bleeding for up to a week after your procedure. Please contact your GP or the clinic if you are worried.

What should I do when I go home?

If you have had a general anaesthetic try to rest for the first 24 hours. Some women may feel emotional or 'weepy' during the first few days.

- **Do not** do any strenuous activity.
- **Do not** operate machinery or do anything needing fine co-ordination or judgement for example, using a cooker, for at least 24 hours.
- **Do not** make important decisions or sign important documents.
- **You must not** drive a car, or ride a motorbike or bicycle for 48 hours.
- **You may** eat or drink as you wish; however, your appetite may be poor to begin with.
- **Do not** drink alcohol or take sleeping tablets for at least 24 hours.

Will I have to come back to hospital?

This will depend upon the particular problem troubling you, but usually no. Your biopsy result is usually sent to you by letter four to six weeks after your procedure.

When can I return to work?

Usually after three to four days if you had a general anaesthetic. If you had a local anaesthetic then you may return the next day.

What if I have any questions or concerns?

You will be able to ask any questions at the end of your procedure or before you go home. You can always contact the clinic during office hours if needed. If the clinic is closed, please contact your GP or your nearest accident and emergency (A&E) department in an emergency.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation