

Additional information

It would be helpful for you to take some mild painkillers such as paracetamol or ibuprofen (or whatever you normally take for period pain) about one hour before your appointment time.

Please note that there is no need to cancel the appointment if you have a period.

Any further questions?

If you have any questions or concerns regarding your condition or treatment, please contact the Nurse Specialist or your GP.

Useful contact telephone numbers

Nurse Specialist ☎ 01438 286062 or 07554 337989
(Monday to Friday)

Appointments ☎ 01438 285109 or 286176
(Monday to Friday, 8.30am - 4.30pm)

Gynaecology Ward 10AN, Lister Hospital ☎ 01438 286193

Additional information

www.nhs.uk/Conditions/Hysteroscopy

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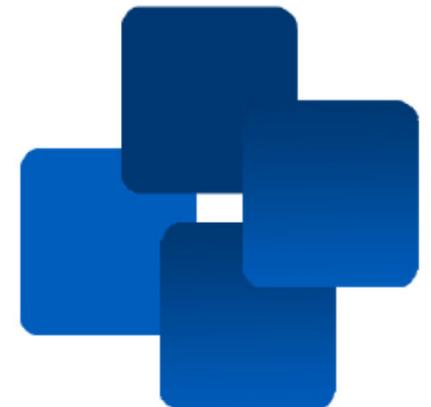
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Patient Information

Hysteroscopy (outpatient)

Women's Services



Introduction

A hysteroscopy is a procedure used to examine the inside of the womb (uterus).

It's carried out using a hysteroscope, which is a narrow telescope with a light and camera at the end. Images are sent to a monitor so your doctor or specialist nurse can see inside your womb.

The hysteroscope is passed into your womb through your vagina and cervix (neck of the womb), which means no cuts need to be made in your skin.

Why have a hysteroscopy?

A hysteroscopy allows direct assessment of the cavity of the womb in women with symptoms or problems such as heavy vaginal bleeding, postmenopausal bleeding and unexpected bleeding for those taking HRT.

This helps diagnose conditions such as polyps (small grape-like growths) or fibroids which may be seen within the womb. Rarely, in the older woman, a cancer may be the cause of the bleeding.

A hysteroscopy is sometimes performed to help find, remove or replace a coil (IUS or IUCD).

What can I expect to happen?

A general anaesthetic is not required so you can eat and drink as usual, in fact, we encourage a normal meal before the procedure.

The specialist doctor or nurse performing the hysteroscopy will ask you a few questions about your periods, including the date of your last period. You will be given the opportunity to ask questions and you will be asked to give consent for the procedure.

We will ask you to undress privately, below the waist, and then lie on an examination couch. A nurse or health worker will help to make you as comfortable as possible and she will remain with you throughout the procedure.

Very gently an instrument called a speculum will be inserted into your vagina - the same as when you have a smear test.

The cervix will be cleaned with an antiseptic solution. If the cervix is very sensitive some local anaesthetic will be injected to numb it.

The hysteroscope is passed through the cervix into your womb, and fluid is gently pumped inside which makes it easier for the specialist to see. While this is being done, you may experience some cramp, period-like pain. You will be able to watch the procedure on a nearby television screen, and any findings will be discussed at the time. A sample of tissue may be taken from the womb when you may again experience period-like pain.

The whole procedure is unlikely to take more than 15 minutes.

Are there risks or complications of a hysteroscopy?

A hysteroscopy is generally very safe, but like any procedure there is a small risk of complications. The risk is higher for women who have treatment during a hysteroscopy.

There is a small risk of infection which can cause smelly vaginal discharge, a fever and heavy bleeding; it can usually be treated with a short course of antibiotics from your GP.

There is a very small risk that the instruments used could puncture the wall of the womb. However, as this procedure is viewed on a television monitor while it is performed, and the specialist can see exactly what is happening, this risk is very small.

At times it may not be possible to get inside the womb at the outpatient clinic, so the procedure will be stopped and future plans will then be arranged.

What next?

The further management of your problem will be discussed with you at the end of the procedure by the specialist. Another outpatient clinic appointment will be made if necessary.

It is important to rest at home for the rest of the day. You may drive home if required. You are likely to experience slight bleeding for up to 24 hours, so please bring a sanitary towel with you to use after the procedure. Any period-like pain should have settled by the following morning.