

# Outpatient Hysteroscopy Information Leaflet

## Why do I need a hysteroscopy?

You have been referred to the outpatient hysteroscopy clinic as part of your investigations for abnormal bleeding or as part of investigations for other gynaecological reasons, that requires us to examine the lining of your womb and/ or carry out treatments.

## What are the benefits?

The benefits are to enable the doctor/clinician to decide the best management and treatment plan for you.

## Before the procedure

Your appointment may also include an ultrasound scan appointment on the same day. The ultrasound scan and hysteroscopy camera are **NOT** the same; the scan department may refer to the examination as a camera but this is not the same as the hysteroscopy procedure

If you have a vaginal pessary in, this will have to be removed **BEFORE** the ultrasound scan, please inform the receptionist on your arrival before you attend the scan department.

It is advisable that you have eaten and also take pain relief prior to your appointment, as this examination may cause you to feel faint or dizzy if you have an empty stomach. Taking analgesia will also help alleviate any discomfort from the procedure two Paracetamol or Ibuprofen 200mgs 30 minutes before your appointment time.

When you attend the clinic a clinician will speak with you and explain the examination that needs to be carried out and also any risks involved in carrying out the diagnostic/treatment procedure. Hysteroscopy may not always need required to be carried out

If you are bleeding heavy we may not be able to carry out the examination, some ladies still need to attend if they are bleeding, please contact the helpline number for clarification if you are unsure.

**Please bring a urine sample with you when you attend your appointment.**

## What does the procedure involve?

The hysteroscopy procedure uses a camera called a hysteroscope. The clinician will carry out a vaginal examination which is similar to a smear test to view your cervix (the neck of the womb) the camera is then passed through the cervix into the uterus/womb. To carry out this procedure you may need to have local anaesthetic to help to numb the cervix, as some ladies may feel discomfort similar to period pain. Gas and air (Entonox) is also available in the clinic for you to use.

The examination can be stopped at any time and the options to have this procedure carried out in Theatre under anaesthetic is always available (but not on the same day)

If a polyp is seen during the procedure this can usually be removed at the same time, the examination doesn't take much longer to carry out. You may also be attending for other treatments which will usually have been discussed with you prior to your appointment, minitouch ablation, insertion of a coil are just a couple of reasons you may be attending the clinic. A biopsy from the lining of the womb is usually carried out at this appointment also unless it has been done previously.

## After the procedure

After the procedure the clinician will explain the findings to you and arrange any further follow up once results are available if needed.

You may notice bleeding for a few days after the procedure and may need to wear a panty liner or sanitary pad. A health advice leaflet will be given after the procedure with our contact details

Please contact the outpatient hysteroscopy help line if you have any further questions on:

**Tel 01282 803238**

If you need to speak urgently there is an out of hours contact number which is Gynaecology and Breast care ward:

**Tel 01282 804014**

If you would like any further information please see website:

[www.nhs.uk/conditions/hysteroscopy/what-happens/](http://www.nhs.uk/conditions/hysteroscopy/what-happens/)

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