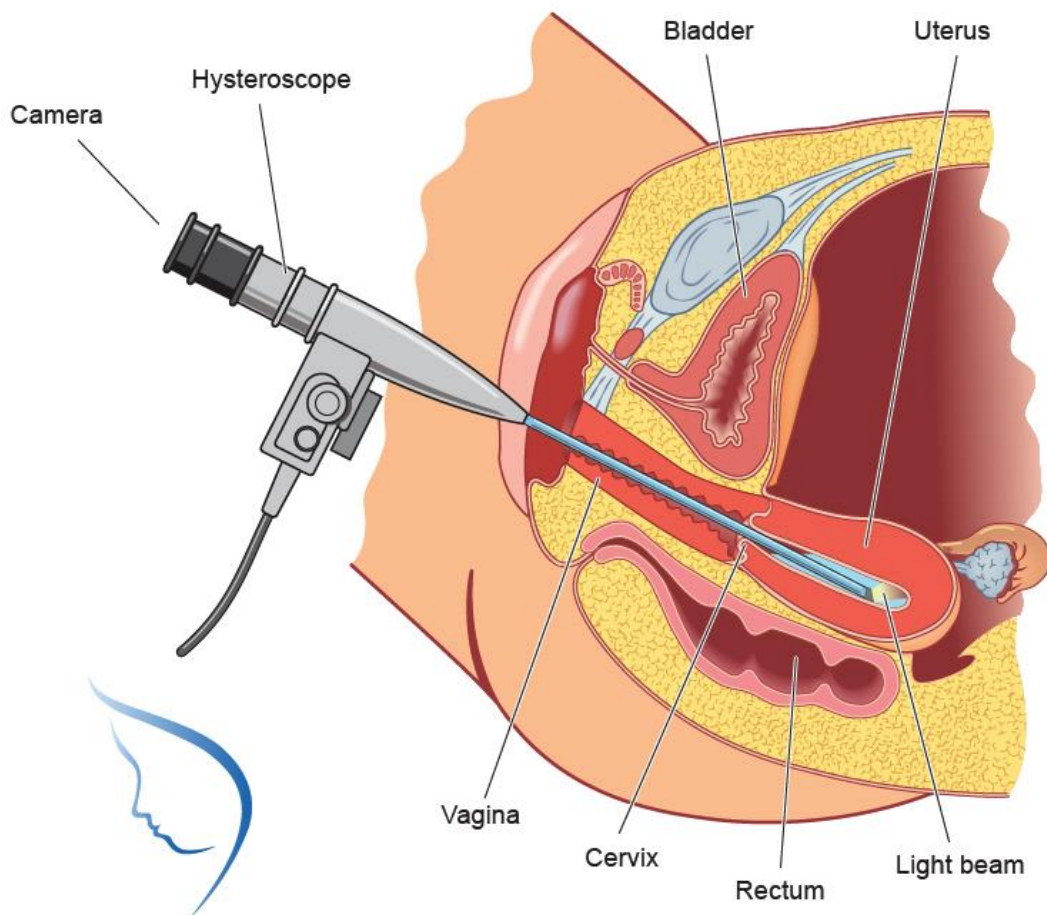


HYSTEROSCOPY (Outpatient)

What is a hysteroscopy?

Hysteroscopy is a procedure that lets your doctor look inside your womb (uterus) to check for any abnormalities in the lining of the uterus. This is done using a narrow tube-like instrument called a hysteroscope. The hysteroscope is very slim (3 mm in diameter). It is carefully passed through the vagina and neck of the womb (cervix), and into your uterus. The hysteroscope is connected to a camera and a TV monitor, which show the inside of your uterus. Some fluid may be pumped into your uterus to make it open up a little. This makes it easier to see the lining of your uterus. After this, the doctor may take a tiny piece of tissue (biopsy) from your uterus. This will be sent to the laboratory for examination under the microscope. After the procedure is completed the hysteroscope is gently removed.

A hysteroscopy takes between 5-30 minutes.



What is hysteroscopy used for?

A hysteroscopy may be used to try to determine the cause of various problems such as:

- Heavy or irregular bleeding such as bleeding between your periods.
- Bleeding in postmenopausal women.
- Irregular bleeding whilst you are taking hormone replacement therapy (HRT).
- Recurrent miscarriages
- To assess for uterine anomaly.
- Infertility

How safe is hysteroscopy ?

Hysteroscopy is a relatively safe procedure however as with any type of medical procedure, complications are always a possibility. Complications that may occur include:

- Infection
- Heavy bleeding
- Injury to the cervix or uterus
- Nerve response causing a short lived drop in blood pressure (called a Vagal reflex) sometimes this associated with Nausea.

These are all extraordinarily rare. Your consent to this procedure means you consent to measures that may be required to manage the complication.

Will it hurt?

You may feel slight discomfort like period pain and cramps at some stages. A lot of women feel no discomfort at all, whilst others experience minimal discomfort.

What can I expect after a hysteroscopy?

You will usually be able to go home straight away. You may experience some period-like cramps and/or some mild bleeding. The bleeding is usually mild and should settle within a day or so. Ibuprofen or similar should be taken for pain relief as necessary. To reduce the risk of infection you should use sanitary pads rather than tampons.

You should contact your doctor if you develop any problems such as:

- **A temperature.**
- **Increased unexplained pain not relieved with painkillers.**
- **Increased discharge, which has an odour and/or is unpleasant.**
- **Heavy bleeding.**