



PATIENT INFORMATION

Hysteroscopy Clinic

What is Hysteroscopy?

It is a procedure, usually carried out in Outpatients, where a small telescope is inserted through the neck of the womb to look inside the cavity of the womb under local anaesthetic with minimal discomfort. A small sample of tissue can be removed for closer examination.

Occasionally, it may be necessary to perform hysteroscopy under general anaesthetic. If this is appropriate your doctor will let you know.

Why is it necessary?

Most women who have abnormal bleeding have no disease of the womb, but because a small number do, it is important to rule this out.

By looking into the womb, any conditions affecting the inside lining can be seen and diagnosed. Sometimes a sample of the tissue may be taken.

If no abnormality is seen, your doctor can then try to control the bleeding using medication. If any abnormality is seen, then the appropriate treatment can be planned.

What if I am having my period at the time my appointment is due?

If you are on your last day or so of your period please attend your appointment. Otherwise, please phone the clinic to re-arrange your appointment.

What will happen at my appointment?

The doctor or nurse will explain the procedure and answer any questions you may have. The doctor will examine you to see which way your uterus is tilted and check there are no obvious signs of disease. If you have not had a smear test recently, it can be carried out at the same time.

When you are lying comfortably the doctor may insert a speculum into your vagina. A local anaesthetic is injected into the neck of the womb to numb the area. The doctor will then use a hysteroscope to examine the uterus and take a small sample of tissue.

Occasionally, it may be necessary for other doctors and nurses to be present so that the procedure may be undertaken. If you are unhappy with this, please let us know before your appointment.

How long will it take?

The procedure will take 10 – 15 minutes, but allow up to 2 hours for your appointment to enable you to rest afterwards.

How should I prepare for the appointment?

- Please arrange for a relative or friend to accompany you home
- Have breakfast or lunch
- Bring a list of medication that you are currently taking and those you have been given in the past as a treatment for your abnormal bleeding
- Take painkillers such as paracetamol or bufen 2 hours before you come for the appointment

What happens after the procedure?

You may have some period like pain which can be relieved by taking panadol or ponstan tablets which are available at the clinic if you need them.

If any samples of tissue have been taken we will contact you with the results in a week's time and confirm details of any follow up appointments.

Additional information

If you have any questions about your appointment, please do not hesitate to contact the number below and we will be pleased to help.

Gynae clinic ☎ Tel (01803) 655931

Gynae appointments ☎ Tel (01803) 656355