

PATIENT INFORMATION

Following Your Hysteroscopy

Most women can return to their normal activities (including work) the following day.

- You can eat and drink as normal straight away
- You can shower or bath the same day
- Avoid sex for one week (or until the bleeding stops), this will help to reduce the risk of infection.

Getting your results

Your doctor / nurse will let you know whether they have found anything unusual during your hysteroscopy

If a biopsy (sample of tissue) has been taken from your womb, you will receive the results by phone or letter in around three to four weeks (or sooner if they need to see you).

When to get medical advice

Contact your GP (or the gynae clinic) if you have...

- Severe pain that is not relieved by regular pain killers
- If you have heavy bleeding which means you are having to change your pads frequently
- If you have foul smelling vaginal discharge
- Feel hot and shivery

These symptoms could be a sign of infection.

Recovery at home

It is a good idea to rest following your procedure once you get home, as you may experience some ongoing cramping / period like pain however, this will pass on its own, but you can take regular pain relief.

Spotting / bleeding following your procedure is not unusual and can last anything up to 4 weeks

If you have any concerns and cannot get through to your GP, please telephone the Gynae clinic on 01803 656877, Monday to Friday.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.