

Hysteroscopy Pathway

Gynae Outpatient Department 1 is on Level B, sign in or report to reception desk and take a seat in waiting area No. 4.

You will then be called through to the clinic room and provided with a hospital gown. There are facilities here to undress and use the bathroom.

In the treatment room there will be a nurse to look after the trolley and a nurse to look after you. Occasionally there may be a trainee Doctor/Nurse also present.

You will be seen by the Doctor or Nurse Hysteroscopist who will take a history from you and answer any questions. You will be asked for a verbal consent for this procedure before being comfortably positioned in our special reclining chair.

A speculum is inserted into the vagina (just like when having a smear taken) and the cervix is cleaned with an antiseptic solution. Local anaesthetic may be given, if necessary.

The hysteroscope is then inserted into the womb and connected to a camera that will display the images on a screen; photos will be taken as a record and kept in your notes. You may see these images if you wish.

We use gas or fluid to gently inflate the cavity of the womb. A sample of the lining of the womb is then taken if required. The actual procedure will only take approximately 5-10 minutes.

Contact details

Gynaecology Outpatient Department
Royal Surrey County Hospital
Hysteroscopy co-ordinator
Telephone: 01483 571122 **Ext** 2062

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

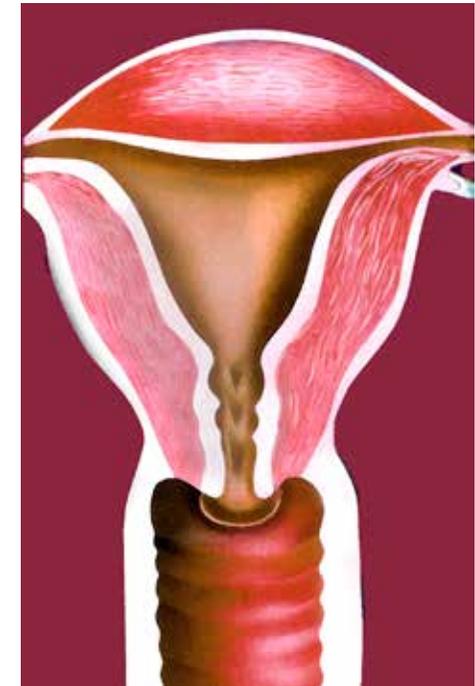
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Patient information leaflet

Outpatient Flexible Hysteroscopy

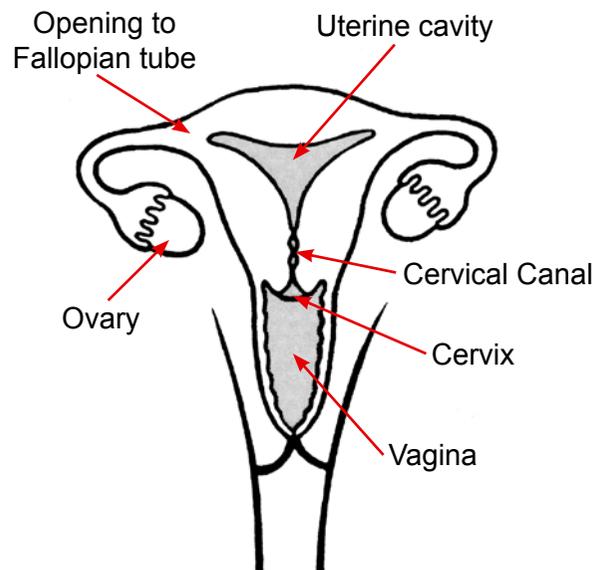


Gynaecology

Your doctor has referred you to the Hysteroscopy clinic at Royal Surrey County Hospital because of a vaginal bleeding problem or for the insertion of a Mirena coil. In order for us to help you as much as we can, please read this information leaflet before you attend the clinic.

What is an Outpatient Hysteroscopy?

An Outpatient hysteroscopy is a procedure that involves passing a very fine telescope called a hysteroscope through the neck of the womb (cervix). The scope is flexible which allows us to get a good view of the inside of the womb (uterus) and sometimes take a small sample from the lining, if necessary. Very occasionally local anaesthetic may be required. Ladies attending for the insertion of a Mirena coil often do not require a hysteroscopy.



Why do I need it and what are the alternatives?

A hysteroscopy allows a direct and clear view of the cavity of the womb and for that reason is used in the assessment and treatment of bleeding disorders. It can be carried out for clarification following an ultrasound scan, in the case of fibroids or polyps. We can also fit Mirena coils at the same time as this procedure. The alternative to an outpatient hysteroscopy is an inpatient hysteroscopy, under general anaesthetic.

Are there any risks?

The risks of this procedure are negligible. You may experience some period-like pain and some may feel a little shoulder-tip ache after the procedure. You can have slight spotting or bleeding after the procedure and may wish to bring a sanitary pad with you. **If you experience heavy bleeding, pain or a brown smelly discharge, please contact your GP or hospital for advice.**

How should I prepare?

We would recommend you bring someone with you to your appointment as it is not advisable to drive yourself home. You may wish to take some simple pain relief such as Ibuprofen (Nurofen®), one hour before your appointment. Your appointment time will last about 20 minutes but occasionally some consultations may overrun.

What should I expect after the procedure?

The findings of the procedure will be explained to you at the time and you will be advised if any further plans are needed and all options will be discussed. You may be asked to visit the pre-assessment clinic if it is found that a surgical procedure is necessary. **We do advise you to sit quietly for half an hour in our green-room or the coffee shop before going home.**

Reference source

- Royal College of Obstetricians and Gynaecologists. Best practice in Outpatient Hysteroscopy. Green-top Guideline No 59. March 2011.