

Hysteroscopy

**Dilation and Curettage (D&C) | Polypectomy |
Resection of a Fibroid**

**Day Surgery Unit | Surgical Short Stay Unit |
Gynaecology Department**



Patient information leaflet

What is a Hysteroscopy?

This procedure involves a telescope being passed up the vagina, through the cervix and into the womb. The lining of the womb can then be examined.

Anaesthetic

This procedure can be done under general anaesthetic or in an outpatient clinic. The doctor will discuss with you the most appropriate method.

What is a D&C?

This involves a small instrument being passed through your cervix to take a biopsy from the lining of the womb. The neck of the cervix is opened slightly during this procedure.

What is a Polypectomy?

This procedure involves the removal of a polyp (thickening), from the lining of the womb. An instrument is passed through your cervix to allow the polyp to be removed.

What is Resection of Fibroid?

Fibroids are muscular polyps found in the uterine cavity. They can cause heavy periods. Small fibroids can be removed during a hysteroscopy.

What are the potential complications?

There is a small risk of the instruments used in this procedure making a hole in the wall of the womb. This is known as a perforation. If this happens, the surgeons may need to carry out a laparoscopy (a laparoscopy involves two or three small cuts made into the abdomen, and a tiny fibre-optic camera passed through the cut in the belly button), to check the location of the perforation and if necessary repair any damage.

Please do not have unprotected sex during the month before your surgery.

Are there any alternatives?

A hysteroscopy is usually recommended to discover the cause of abnormal vaginal bleeding. Some problems, such as polyps or fibroids, can be diagnosed on an ultrasound scan. However, a hysteroscopy allows the surgeons a clearer view of the uterine wall.

Also, many problems diagnosed during a hysteroscopy can be treated at the same time, such as the additional procedures described above.

What happens after my procedure?

Bleeding/discharge

You may notice a small amount of bleeding or brownish discharge, particularly if you have had a biopsy or a polypectomy. You are advised to use sanitary towels rather than tampons until your next period.

If your loss is persistent (longer than a week) or becomes funny-smelling, or heavy with blood clots, contact the Day Surgery Unit or your GP for advice, as this could be the sign of an infection.

Will the procedure hurt?

You may experience a 'period pain' – type ache. Painkillers will be given on the unit as required. You may take your usual painkillers i.e. Paracetamol or ibuprofen at home.

Washing

You may shower as normal, but avoid using perfumed bath products or talcum powder until your bleeding has stopped.

Do not have a bath for 24 hours following your procedure, to reduce the risk of infection.

Sexual intercourse

You may have penetrative sex once your bleeding has stopped, providing you are comfortable.

Driving

You must not drive for 24 hours following your anaesthetic.

Work

You may return to work as soon as you feel able to do so. However, you are advised not to work on the day following your surgery to allow recovery from your anaesthetic.

Will I need a follow-up appointment?

It is not usually necessary to have a hospital appointment following your surgery. However, we advise that you see your own GP in 6 weeks for a check-up.

If you do require an outpatients appointment, it will be sent to you.

Contact details

If you require further advice, please do not hesitate to contact us.

Day Surgery Unit

Telephone: 01483 406783 (Monday–Friday, 8am–6pm)

Surgical Short Stay Unit

Telephone: 01483 406828 (Monday–Friday, 8am–6pm)

Gynaecology Department

Telephone: 01483 571122 **ext** 4173 (Answerphone)

Out of hours advice

Telephone: Call 111 (formerly NHS Direct)

Website: www.nhsdirect.nhs.uk

Reference source: www.nhs.uk/conditions/Hysteroscopy/Pages/Introduction.aspx

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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