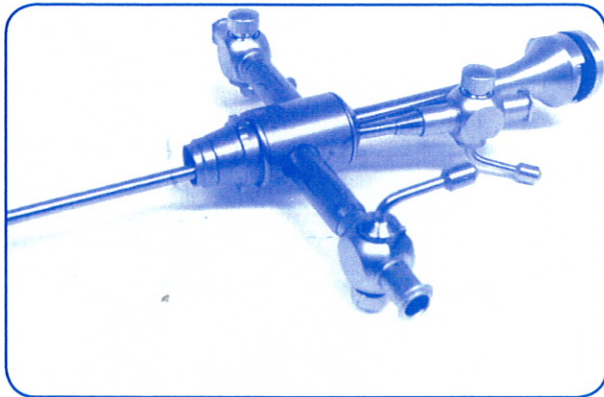


This leaflet is for women undergoing outpatient hysteroscopy

What is a hysteroscopy?

A hysteroscopy is an investigation done to have a look at the inside of the womb. A scope (a long thin tube with a light on one end and a camera on the other, see the picture below) is gently introduced through the entrance to the womb and so the inside can be seen on a video screen.



Why do I need one?

Hysteroscopy will allow us to see if there is an obvious cause for your problem or to assess what further treatment is needed and if that treatment would be possible. It is common after this test to find no abnormality, you can then be reassured that there is nothing seriously wrong.

Where will I have my hysteroscopy?

In the gynaecology outpatients department of the Princess of Wales women's unit at Heartlands Hospital.

What will happen to me?

Before your appointment you do not need to follow any special instructions, you can eat and drink as normal.

When you arrive you need to report to reception, you will then be called through to meet the doctor and nurse who will be doing your test.

The nurse will take you to a room where you can change into a hospital gown and will talk to you about the procedure. They will need to ask you some questions about your health now and in the past.

The nurses will then help you to lie on the examination bed, with your knees raised and apart, your legs will be supported in stirrups.

The doctor will then insert into the vagina a speculum, like the ones used when you have a smear test.

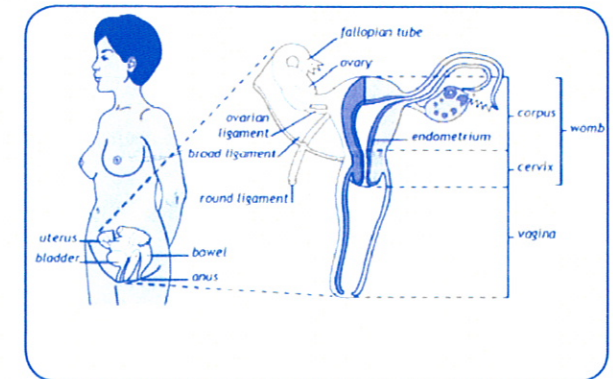
The scope, which is only thin, is then passed through your vagina and cervix (the opening to the womb). To gently inflate the womb and get clear images water is used,

and so you may feel this as it flows back out, this is normal.

Once the scope is inside the examination will only take a few minutes. If you need a biopsy this can be done at the same time. The whole procedure will take around 30 minutes, including the time spent talking to the doctor and nurse at the beginning.

Will it be painful?

The scopes we use are very fine and so for most women no anaesthetic is needed, if the doctor feels that the procedure cannot be done in the outpatient department he/she will make other arrangements for you.



Some women experience cramp-like feeling (like a period pain) during the procedure and for up to 48 hours afterwards.

This can be relieved with simple painkillers such as paracetamol (or whatever you normally take).

After your hysteroscopy

- It is a good idea to bring somebody with you who can take you home afterwards as you should not drive yourself.
- Take things easy for the rest of the day
- You may experience spotting of blood for a couple of days.
- Keep a note of your periods and bring it to your next appointment.

When do I get the results of my tests

We will write to you with the results of this procedure and your biopsy (if you had one). We may also contact you to arrange further appointments if you need additional treatment.

Are there any complications?

There is a small risk of infection. If you find you have an increase in temperature, pain, offensive discharge or heavy bleeding you should contact Gynaecology clinic Heartlands **0121 424 1104** or Gynaecology clinic Solihull **0121 424 5382**

Monday - Friday 8.30 - 4.30.

Outside these hours your GP or the Gynaecology ward **0121 424 0201**

Important

If you think you could be pregnant or your normal period is due on the day of the investigation please ring the hysteroscopy clinic secretary to change the date.

0121 424 3727 - Dr Gupta/Miss Irani

0121 424 2727 - Mr. Saha

0121 424 0714 - Mr. Papaioannou

0121 424 0727 - Dr Das

Further Information

If you have any questions or worries about the procedure please ring the hysteroscopy clinic on **0121 424 1104** at **Heartlands** and ask to speak to Sister Hartmann, or **0121 424 5382** at **Solihull Hospital** and ask to speak to Sister Robinson.

Patient information

Outpatient Hysteroscopy