**Introduction**

Our aim is to make your visit to the Hysteroscopy Clinic as safe, comfortable and relaxed as possible.  We would therefore suggest you take the time to read through this leaflet before attending.

**About your visit**

You have been referred to the gynaecology department and you may have already had a scan, but if not, you will have one on arrival.

From the information given to us by your GP and from the results of your scan, you need to have a hysteroscopy performed; this is an investigation procedure which we perform in clinic.

**Do I need to do anything before my appointment?**

* Please try and eat normally on the day of your appointment
* It may be helpful to take some painkillers about half an hour before your appointment, Paracetamol or Ibuprofen, or whatever you would normally take if you had a headache
* If you would prefer, we can offer you painkillers when you arrive in clinic.  To make sure you have the full benefit of the painkillers you should arrive 45 minutes before your appointment and let the receptionist know that you would like some painkillers

We would normally offer Diclofenac as a painkiller but if any of the following questions apply to you then we would offer you an alternative, like Paracetamol.

1. Are you allergic to Aspirin or any other non-steroidal anti-inflammatory?  Yes or No
2. Have you suffered from a stomach (peptic) ulcer or any other gastro-intestinal bleeding? Yes or No
3. Do you suffer from asthma? Yes or No
4. Do you have a clotting disorder or take an anticoagulant (e.g. Warfarin)? Yes or No
5. Are you taking any other medicines, including those you buy yourself? Yes or No.  If the answer is yes, what are they?

**Do I need to bring anything with me to the clinic appointment?**

* A list of any medication that you are taking
* A specimen of urine, if you prefer the receptionist can provide you with a container so that you can provide one when you arrive at the hospital
* The date of your last menstrual period, or the date that your went through the menopause
* It may be helpful if someone comes with you to your appointment

**What is a Hysteroscopy?**

A hysteroscopy is an examination of the inside of the uterus (womb) using a fine telescope.

You will be asked to remove your clothing from below the waist and you will be given a sheet to wrap around yourself as you return to the examination room.

You will be asked to lie on a couch that has special footrests.  A speculum will be put into the vagina in the same way as when you have a smear test.

When the person carrying out the examination has a good view of the cervix (neck of the womb) the area is cleaned with antiseptic and a local anaesthetic gel is applied.

A local anaesthetic is then injected into the cervix; this usually feels like a pinch and a sting.  The cervix can then be dilated so that the telescope can be passed into your uterus (womb).

Whilst the inside of the uterus is being examined fluid saline, (which is salty water) is used to give a better view of the area and you will be able to feel this sensation. You may also feel some cramp-like pains similar to a period pain.

The images of the inside of your uterus are magnified and can be seen on a television screen, if you wish you can also see this.

**How long will the procedure take?**

The examination and sample taken from the lining of your womb takes about 5 minutes, but we will also need to talk to you about your medical history which will take a little longer.

We make every effort to keep to the appointment times so your consultation should take no longer that 30 minutes.

There are, however, occasions when unavoidable delays occur and you may be asked to return to the waiting area.

A drink will be provided before you leave the clinic and you may also be asked to have a blood test before you go home.  We hope that your total visit should last no longer than 4 hours.

**How will I feel afterwards?**

* You may experience some ‘cramp-like’ period pains, but painkillers will help
* You will probably feel like resting for the rest of the day
* You will get some bleeding, this may continue for a few days
* If you get any sudden heavy bleeding you should contact your GP

**What are the benefits of this procedure?**

* You will not need to have a general anaesthetic or be admitted to hospital
* The person performing the Hysteroscopy will explain the procedure and tell you exactly   what is being seen
* Samples taken are sent to the laboratory which will confirm any treatment necessary

**Are there any risks involved?**

* There can be a risk of infection as the scope is inserted, but this is kept to a minimum by the sterile techniques used
* With any Hysteroscopy under local or general anaesthetic, there can be a risk of the uterus (womb) being perforated, however, this is very rare

**Alternative treatments**

The only alternative treatment for this type of diagnosis/biopsy is that it can, in some cases, be carried out under a general anaesthetic if necessary.

**Options for not treating**

This is a diagnostic procedure, which may or may not need follow-up treatments, if this is not carried out, in some cases further problems may arise.

**For any further information please contact:**

**Mr Cartmill’s Secretary, Elizabeth Dudley, direct line 0121 424 7643**

If you should need to speak to a member of the nursing staff Elizabeth will arrange for someone to call you back.

**This leaflet has been revised by Mr R S V Cartmill Consultant Gynaecologist.**

**Our commitment to confidentiality**

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential. We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to.

If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

**Additional Sources of Information:**

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

* Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
* Treatment Centre at Good Hope Hospital Tel: 0121 424 9946

or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk).

Dear Patient

We welcome your views on what you liked and suggestions for how things could be improved at this hospital. If you would like to tell us and others about your experience please make your comments through one of the following sites:-

* NHS Choice:-           [www.nhs.uk](http://www.nhs.uk)
* Patient Opinion:-      [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
* I want great care:-    [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about this hospital or how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the NHS Choice or Patient Opinion sites.

**If you have any questions you may want to ask about your condition or treatment, or anything you do not understand or wish to know more about, write them down and your doctor will be more than happy to try and answer them for you.**