

Patient Information Women attending for an Outpatient Hysteroscopy

Hysteroscopy Clinic

Welcome to the Hysteroscopy Clinic. We hope that by providing this information to you before you visit the clinic, we can answer some of the questions that you may have.

Why have I been referred to the clinic?

You have been referred to the gynaecologist because of abnormal vaginal bleeding or other problems, which require investigation of the inside of your womb (uterus). Most women with abnormal bleeding have no disease of the womb but because a small number do, it is necessary to rule out diseases requiring specific treatment. The purpose of your visit is to identify the cause of your problem and decide what the best treatment for you is.

Why have I been asked to attend for a scan?

Before your hysteroscopy, your consultant may want you to have an ultrasound scan. If this is the case the X-Ray Department will contact you with an appointment. **Please make every effort to attend for this to ensure that your treatment can take place as soon as possible. 1 – 2 hours before your hysteroscopy appointment we would recommend that you take a simple pain relief (Paracetamol or Ibuprofen)**

What if I will have my period at the time of the appointment?

As the test we need to do in clinic is not routinely undertaken if you have your period, please ring and change your appointment to another date if you know you will have your period. Please give as much notice as you can if you need to change your date. This means your appointment will not be wasted as we can offer it to another woman. **However, if you have been referred due to post-menopausal bleeding (bleeding after the menopause) it is important that you attend for the appointment given even if you are bleeding.**

What should I wear to clinic?

As with any vaginal examination, you will be asked to remove your tights and pants. We suggest you wear a loose fitting skirt (not trousers or a tight skirt) as this will minimise the amount of changing that you will have to do and you are also likely to feel more comfortable whilst in clinic.

What is a hysteroscopy?

In the clinic we carry out a test called hysteroscopy. A hysteroscopy allows a doctor to look into your womb using a fine telescope called a hysteroscope. The hysteroscope is passed gently through the neck of the womb (cervix).

What will happen at the clinic?

When you attend the hysteroscopy clinic the doctor will ask you questions about your problems.

Just as happens when you have a smear test, you will have an instrument inserted into your vagina so that the neck of your womb can be seen. You may be given a local anaesthetic to numb the area, although the hysteroscopes are now so thin that local anaesthetic is rarely required. The hysteroscope will be passed into your womb. During the examination the picture of the inside of your womb will be visible on a television screen and you can look at it together with the doctor if you wish. The doctor will explain the findings to you.

The doctor will then take a tiny sample of tissue from the womb lining (a biopsy). This will be sent for examination under microscope (histology). Sometimes simple skin tags (polyps) are found in the womb and it may be possible for these to be removed during the hysteroscopy.

How long will hysteroscopy take?

The hysteroscopy takes about 10 minutes.

Are there any possible complications?

Very rarely hysteroscopy may result in complications, just as with any medical procedure. The most common (but still very rare) is the hysteroscope accidentally penetrating through the wall of the womb. If this happens you would have to stay in hospital overnight for observation. Even more rare is for an infection to develop inside the womb.

What happens afterward and how will I feel?

Occasionally afterwards you may have some period type pain. This should be relieved by Paracetamol, Ibuprofen or Ponstan tablets, which will be given to you in the clinic if you need them. You will be asked to rest in clinic for a short while. You should then feel well enough to travel home by yourself, although you may like to have someone with you who could take you home. You could go back to work if you wish.

When you are at home:-

You may expect to bleed for a few days, that will require a pad to be worn, avoid the use of tampons. You may also want to take painkillers, e.g. the recommended dose of paracetamol. If you have any heavy bleeding or worries following your appointment, please contact the Gynaecology ward.

When will I get the results?

When the results of the tissue sample from your womb (biopsy) have been received, the doctor will write to you and your General Practitioner and suggest any further treatment needed. This will take approximately 4 weeks.

Personal Notes:-
