

Hysteroscopy Aftercare Advice

Information for patients

Today you have attended for an Outpatient Hysteroscopy procedure, which has involved examining the inside of your uterus (womb) using a thin telescope like device called a hysteroscope. We use fluid (saline) for this procedure to help the hysteroscope pass through the neck of your womb (cervix) and visualise the lining of the womb more clearly.

What have I had done today?

Procedure/Intervention	Tick if applies
Hysteroscopy	<input type="checkbox"/>
Endometrial Biopsy	<input type="checkbox"/>
Endometrial polyp removal (Biopsy forceps)	<input type="checkbox"/>
Endometrial polyp/fibroid removal (Myosure)	<input type="checkbox"/>
Coil removal	<input type="checkbox"/>
Coil Insertion	<input type="checkbox"/>
Other:	<input type="checkbox"/>

What to expect after your procedure today

- **Feeling faint or sick** - initially after your procedure a small number of women can feel nauseated, clammy and lightheaded/faint. These symptoms tend to resolve within a short period of time
- **Pain** - it can be normal after the procedure for you to experience some intermittent period-like pain or cramping for 1 to 2 days afterwards. If you are able to, take some simple painkillers (paracetamol or ibuprofen), as this can help relieve the pain
- **Bleeding/Vaginal discharge** - you may experience the passing of blood stained watery discharge up to 48 hours after your hysteroscopy. In some instances, you may experience more period like bleeding for around 7 to 10 days, however the duration of this can vary. Sometimes the bleeding can be slightly heavier and may stop and start. We recommend you using pads only at this time, not tampons or menstrual cups
- **Daily activities** -if you are feeling well and able, you may return to normal daily activities/work following your Hysteroscopy.
We may advise you to avoid any strenuous physical exercise on the day of your procedure.

When is it important that you seek medical advice?

- **Heavy persistent bleeding (soaking through 1 to 2 pads within an hour)** – it may be fresh, red in colour and you may be passing moderate to large sized clots.
- **Pain that is not settling with pain relief and getting increasingly worse where it is impacting you going about your daily activities.**

If you are experiencing any heavy bleeding or increasing pain, please contact your GP/Out of hours. They may refer you to the Gynaecology service for a review.

Attend A&E if you are experiencing any heavy bleeding and feeling dizzy/light headed and have associated shortness of breath.

- **Any signs or symptoms of an infection** – fever, malodorous discharge, mild pain or bleeding that continues and generally feeling unwell

Please contact your GP/Out of hours for a review, where a short course of antibiotics may be required.

Follow up appointments/Pathology results

Any pathology results from today's procedure can take anything from between 6 to 8 weeks.

Results will either be sent to you in a letter or we will telephone you. A clinician will be in contact with you if any clinic follow up appointment is required.

Contact Information

Please note that the information described here can vary from person to person. If you have any concerns or queries, advice may also be sought from the Gynaecology Unit local to you. Contact details are below:

St John's Hospital, ward 12 (available 24 hours a day, 7 days a week) 01506 524 112

Royal Infirmary Edinburgh, ward 210 (available 24 hours a day, 7 days a week) 0131 242 2101

Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before your appointment and, if necessary, we will provide an appropriate interpreter. If you are receiving this treatment/procedure as an existing inpatient, staff will arrange interpreting support for you in advance of this treatment/procedure. This leaflet may be made available in a larger print, Braille or your community language.

It's OK to Ask

When you understand what's going on with your health, you can make better decisions around your care and treatment.

www.nhsinform.scot/campaigns/its-ok-to-ask/



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