



**The Leeds
Teaching Hospitals**
NHS Trust

Having a Hysteroscopy

Information for patients



Leeds Centre for
Women's Health

This leaflet is about a procedure called a hysteroscopy. It explains what the procedure involves and what you can expect when you come to the clinic for your hysteroscopy.

Having an Outpatient Hysteroscopy

You have been advised to have a hysteroscopy to help find the cause of your problem. This will be performed as an Outpatient procedure.

It is advisable to have something to eat 1 - 2 hours before your appointment time and to wear loose, comfortable clothing.

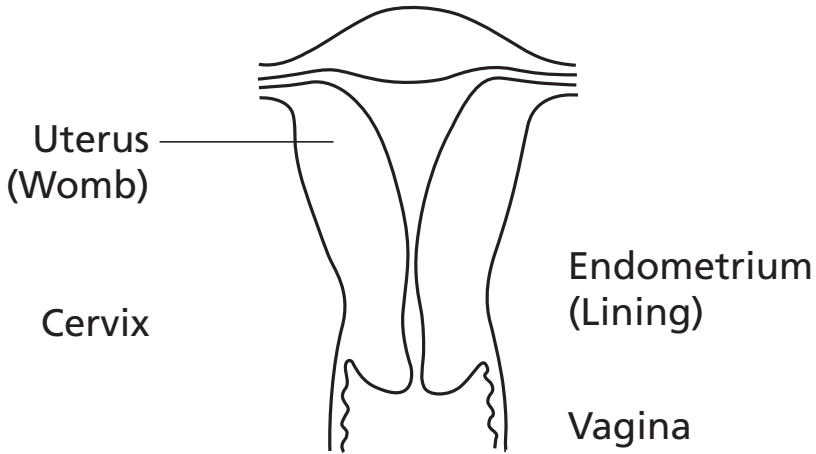
Taking simple pain relief such as paracetamol 1 hour before the procedure time may be useful. Do not take more than the recommended dose of 1 gram every 6 hours (maximum 4 grams in 24 hours).

This leaflet has been prepared from talking to patients who have had the procedure. It may not answer all of your questions, so if you have any worries, please ask the nurse who will be able to answer your queries.

What is an Outpatient Hysteroscopy?

Hysteroscopy is a technique which allows the doctor / nurse to look directly into your womb (uterus). A thin telescope called a hysteroscope is passed through the neck of the womb (cervix), into your womb.

The inside of the womb can be viewed due to a small amount of saline being passed via the hysteroscope to gently open the womb.



What should I expect?

When you come to the clinic the doctor/nurse will discuss your problem, explain the procedure and answer any questions you may have - before the procedure is performed.

You will need to inform the doctor/nurse if you have any allergies or have had a reaction to drugs or other tests in the past. They will also ask if you have had any treatment to the cervix (neck of the womb) in the past. During the procedure you will be made to feel as comfortable as possible in the examination chair and need only remove your lower garments. An instrument called a speculum (used when taking a smear) is placed in the vagina, to enable the doctor / nurse to view the cervix.

The hysteroscope is gently passed through the cervix into your womb (if you wish you can watch on the screen). During examination a slight cramping feeling (similar to period pain), may be felt. Any findings seen will be explained to you.

A biopsy, which is a small sample of the lining of the womb (the endometrium) may be taken during the procedure and sent for further examination. The whole process from the consultation to the end of the procedure, will take about 15 - 20 minutes. After the procedure you will be shown to a nearby waiting area, offered tea / coffee and given time to relax and discuss any further questions you may have.

Are there any complications?

- 'Period-like' discomfort. This is usually mild and settles after a few hours. Simple pain relief such as Paracetamol can be taken to ease the discomfort. Do not take more than the recommended dose of 1 gram every 6 hours (maximum 4 grams in 24 hours)
- A vasovagal reaction or fainting. This may occur in rare cases. Please inform the nursing staff if you often faint with your period
- Vaginal bleeding. Bleeding is usually light but may require the use of a sanitary towel overnight
- Infection. If the bleeding becomes heavy or smells offensive, please seek advice from your GP as you may require a course of antibiotics
- Risk of perforation of the womb. This is extremely rare in the outpatient hysteroscopy procedure. If this occurs you will need to be admitted to the ward and may require further surgery

Going home

It may be advisable that somebody comes to pick you up. Although, you should feel well enough to walk, travel or drive home.

It is important to relax and rest quietly, after the procedure for a few hours.

When do I know the results?

Immediately after the examination the doctor / nurse will explain the findings in full. If a biopsy has been taken it may be several weeks before the results are available. You will be notified of the results by a letter, or a further visit to the outpatient department will be arranged.

For further advice

Please contact your General Practitioner

N.H.S. Direct:

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or the Hospital for advice:

- St James's University Hospital Gynaecology Department:
0113 206 4769 or **0113 206 4577**
- Wharfedale General Hospital Gynaecology
Outpatient Clinic:
0113 392 2093
- Gynaecology Assessment Unit (G.A.T.U.)
St James's University Hospital:
0113 206 5724 or **0113 206 713**

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