

After your Hysteroscopy Examination

Information for patients



Welcome to Leeds Fertility. This booklet has been written to advise you how to take care of yourself after your hysteroscopy examination.

You can find further information at:
www.leedsfertilityclinic.co.uk

What to expect

After today's examination, you may experience some of the following minor symptoms and also have some questions about what activities you are allowed to do.

Most of these complaints will settle after 24 hours. It is advisable that you should 'take it easy' and avoid heavy exercise for the first 24 hours.

- **'Period-like' discomfort or cramps**

This is usually mild and settles after a few hours. You can continue to take simple pain relief such as paracetamol to ease the discomfort. Do not take more than the recommended dose 1 gram every 4-6 hours (**maximum 4-6 grams in 24 hours**).

- **Vaginal bleeding**

Bleeding is usually light but may require the use of a sanitary towel overnight. It may be more comfortable not to use a tampon. The examination should not affect your next period.

- **Infection**

There is a very small risk of infection from the procedure. If you have fever, significant pelvic pain or a bad-smelling vaginal discharge in the few days following the procedure, please contact the clinic where you had your procedure done for advice as you may need a course of antibiotics.

- You can continue with your normal daily activities.
- You can have a shower or bath as normal.
- You can have intercourse when you feel comfortable.

If you continue to experience problems or are worried, please contact your GP or the hospital where your procedure took place for advice.

Contact us

Ward J24 (24 hours). St James's University Hospital

- Telephone: 0113 206 9124

Gynaecology / Hysteroscopy outpatients clinic - St James's University Hospital

- Telephone: 0113 206 4769

Hysteroscopy Co-ordinator

- Telephone: 0113 206 7138

Leeds Fertility - Seacroft Hospital

- Clinical queries telephone: 0113 206 3102



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