

## Instructions Following Outpatient Hysteroscopy Procedure

Date Procedure Carried Out	
Consultant	

### How will I feel afterwards?

After the procedure you may experience some period-like abdominal pains for 1-2 days. Your usual pain relief (e.g. Paracetamol/Brufen) will help to ease these but take no more than the recommended dose.

You may experience some light bleeding over the next few days. In some cases this may last up to one week. You may need to take things easy over the next 24 hours but most women feel able to go back to their normal activities on the same day.

You can shower as normal.

If you have any heavy bleeding or develop increased pain or an offensive or heavy vaginal discharge in the days following the procedure, please seek advice from your GP in the first instance.

### What happens next?

If no problems are found, you may not need any follow up appointments

If a tissue sample (biopsy) has been taken or a small polyp has been removed, we will notify you and your General Practitioner (GP) of the results and any changes to your plan of care in about 3-4 weeks' time.

### Contact numbers for advice

If you have any concerns following your procedure then please contact the following for advice:

Lily clinic, treatment Centre <b>Hinchingbrooke Hospital</b> Huntingdon, PE29 6NT  Opening hours may vary  01480 363925	The Emergency Gynaecology Assessment Unit (EGAU) 1 <sup>st</sup> floor, woman and child unit, Bretton Gate <b>Peterborough (City Hospital)</b> PE3 9GZ Open: Weekdays 0800-1800-phone line open until 1730 Weekends/Bank holidays 0800-1200 01733 673758 (voicemail will cut in when the line is engaged – please leave a message for a call back).
For emergencies only, out of these hours, please attend the Emergency Department	

Within this leaflet we use the term woman/women, however we acknowledge that it is not only people who identify as women for whom it is necessary to access our services. We recognise the importance of providing inclusive and respectful care to all people and their families, including those whose gender identity does not align with the sex they were assigned at birth. Please let us know if there is anything we can do to make you feel more comfortable while you are under our care.