

## Information about Outpatient Hysteroscopy

### What do I need to do to prepare for my appointment?

- We recommend you bring someone with you. Some people feel dizzy or faint after the procedure and you may not feel like driving afterwards.
- You may wish to wear a loose-fitting skirt to avoid removing all of your lower clothing during the examination.
- A hospital covering will be made available.
- Some women may experience some spotting or fresh blood after the procedure. You may wish to bring a sanitary pad with you.
- You should allow at least an hour for this visit, but that will depend on which investigations are needed. Please note that clinics may be running late due to some patients requiring extra investigations. We can only apologise if this happens as we know you may be anxious.
- **You may wish to take your usual pain relief (i.e. Paracetamol/Brufen) half an hour prior to your appointment to help ease any cramping.**
- **If you are on blood thinning medication, this may need to be stopped ahead of your visit. Please contact the clinic on the number below and we will advise you.**
- **If you are not fully mobile and think you may need additional support (e.g. hoist or other mobility aids), please contact the clinic and inform us of this.**

### What is Hysteroscopy?

- Hysteroscopy allows us to look into the womb using a thin telescope only a few millimetres wide.
- You will lie on a special couch with your legs supported. If you wish, you can watch the procedure on a video screen by your side.
- The first part of the examination is very much like having a smear test, with the speculum being inserted into your vagina. It should be no more uncomfortable than a smear test. A nurse will be present throughout to assist you as much you need. However, if you have found smear taking painful or difficult, please let the doctor know at the start.
- The hysteroscope is passed gently through the cervix (neck of the womb). At this time, a few women experience some crampy, period-like pains, which will pass very quickly. A local anaesthetic may be used if necessary.
- If it is felt necessary, a small sample of tissue (biopsy) will be taken from the lining of the womb. Again, some women experience crampy, period-like pains, which will pass quickly.
- Occasionally, small polyps are noted within the cavity of your womb and it may be that these are the cause of your bleeding. It is often possible to remove small polyps during the hysteroscopy, but larger polyps will require removal at a later date, and this will be explained fully to you if it is the case.

### Are there risks in having a hysteroscopy?

- **Immediate from Local Anaesthetic:** Light-headedness, shakiness, quickened heart rate.
- **Pain during or after the procedure:** Usually mild and similar to period pains. You may wish to take your usual pain relief (i.e. Paracetamol/Brufen) half an hour prior

- to your appointment to help ease any cramping. On occasion, some women may experience severe pain.
- **Feeling or being sick or fainting:** May affect a small number of women. These symptoms usually settle quickly.
- **Bleeding:** Usually mild and should be lighter than a period for a few days.
- **Infection:** This is uncommon.
- **Failed/unsuccessful as Outpatient Procedure:** Occurs if it is not possible to pass the hysteroscope inside your uterus. Alternative options will be discussed with you.
- **Damage to the wall of the womb (uterine perforation):** (Very rare 1 in 1000). This occurs when a small hole is accidentally made in the wall of the womb with one of the instruments. If you have a polyp removed, then this is slightly more common. If this happens, you may need to stay in hospital overnight.

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### What happens afterwards?

- After the procedure we will discuss any findings and the next step in your treatment.
- In some cases, further tests may be needed to gather more information. You will be informed if this is required.
- You may be advised to remain in the department for a further half an hour if it is felt that we need to check that you are fine before going home.
- You will need to take it easy for the rest of the day and you may need to take some painkillers (e.g. Paracetamol/Brufen), but no more than the recommended dose.
- If it is felt that you require a further appointment, we will arrange this before you leave.

### When will I get the results?

- If a tissue sample (biopsy) has been taken, we will notify you and your GP of the results and of any changes to your plan of care in about three-four weeks' time.

If you have any heavy bleeding or develop increased pain or an offensive vaginal discharge in the days following the procedure, then please seek advice from your GP in the first instance. You can also use the contact numbers below for additional support.

<p>Lily clinic, treatment Centre <b>Hinchingbrooke Hospital</b> Huntingdon, PE29 6NT</p> <p>Opening hours may vary</p> <p>01480 363925</p>	<p>The Emergency Gynaecology Assessment Unit (EGAU) 1<sup>st</sup> floor, woman and child unit, Bretton Gate <b>Peterborough (City Hospital)</b> PE3 9GZ</p> <p>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).</p>
<p>For emergencies only, out of these hours, please attend the Emergency Department</p>	

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