

NHS Forth Valley

Hysteroscopy

**Patient Information Leaflet
Department of Obstetrics
and Gynaecology**

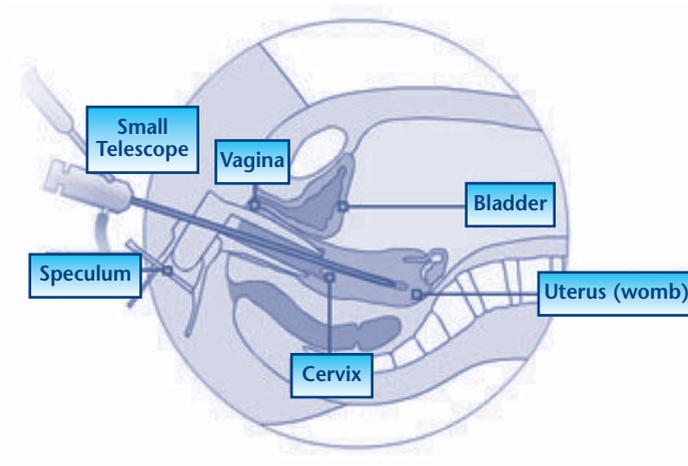
A decorative graphic at the bottom of the page consisting of two overlapping, stylized blue waves. The waves are light blue and have a soft, rounded appearance, creating a sense of movement and flow.

What is a Hysteroscopy?

Hysteroscopy is a test that allows your doctor to look inside your womb using a narrow tube-like telescope called a hysteroscope.

This is a very fine instrument approx 3-5mm in diameter. It is carefully passed through the vagina and cervix (neck of the womb) into your womb.

The procedure is usually carried out under a general anaesthetic and takes approximately 10 to 15 minutes to complete.



Why should I have a Hysteroscopy?

A hysteroscopy can help to find out what is causing symptoms, such as vaginal bleeding. It is also used for other gynaecological conditions such as fibroids, and can help to diagnose early signs of womb cancer.

During the procedure your doctor may take a small sample of tissue (a biopsy) to send for analysis. They may also carry out some treatment, for example the removal of a polyp or fibroid.

Can anyone have this operation?

Yes, provided you have not had any problems with anaesthetics in the past and you are fit for the operation. In order to decide this, a pre-operative assessment will be made. This is a hospital appointment where you will be examined and have bloods taken. You may also require further investigations such as a heart tracing or x-rays.

Are there alternatives to surgery?

Depending on the condition you have it may be possible to assess your womb with an ultrasound scan. It is often also possible to obtain a tissue biopsy in the out patient clinic using a narrow tube called an endometrial pipelle.

However for most women a hysteroscopy is the best option to help diagnose or treat the underlying problem. Unlike other tests hysteroscopy enables your doctor to directly visualise the inside of your womb.

Are there any risks associated with having this operation?

As with all operations there are risks. However, hysteroscopies are common procedures and the majority do not have significant complications.

Possible complications include:

- **Perforation** (making a tiny hole) of the womb occurs in approximately 1 in a 100 cases. This can lead to damage of the bowel, bladder or one of the major blood vessels. It is rarely necessary to then carry out a laparoscopy or open abdominal operation to repair such problems.
- **Pelvic infections** may occur and present with raised temperature, pain, offensive vaginal discharge or heavy vaginal bleeding. If you experience any of these symptoms you should attend your GP who will assess whether you require antibiotics.

What should I expect when I wake from the anaesthetic?

When you first come round from the general anaesthetic you will feel drowsy and may be slightly uncomfortable.

We expect there to be some vaginal bleeding or discharge, especially if a biopsy was taken or a polyp removed. Some women also experience crampy pains (like period pain) for about 48 hours after the procedure.

How long will I be in hospital for?

Most patients are observed for a few hours before being discharged. If you had the procedure done under a general anaesthetic you will require someone to drive you home and stay with you overnight. However, if you experience any complications (see page 4) you may be required to stay longer for further observation.

Is there anything I should do when I'm back at home?

We recommend that you continue taking simple pain killers like paracetamol and that you rest for the remainder of the day. Some women are able to get back to normal the following day, while others take a bit longer.

If you have any other queries you can speak to your GP, the doctor you see at clinic or staff in the ward where you are to be admitted.

Contact details/further information

Gynaecology Service

01324 567145

Monday-Friday 08.30-16.30

After hours and weekends - Ward 6 Gynaecology:

01324 566388/566389/566390

Notes

This leaflet was compiled by Dr Emma Cockburn and Dr Kate Patrick, with acknowledgements to Dr Manoj Mohan.

Notes

Patient Appointments/Cancellations

If you have an enquiry about an appointment or would like to cancel it, please call 01324 566249 or email: FV-UHB.RTT@nhs.net

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email FV-UHB.disabilitydepartment@nhs.net

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