



Outpatients Hysteroscopy

Information for patients

What is a hysteroscopy?

- A hysteroscopy is a procedure that involves examining the inside of your uterus (womb).
- We pass a small, telescope device (hysteroscope) that is connected to a camera, through the vagina and through the neck of the womb (cervix).
- We use this procedure to diagnose and/or treat the cause of symptoms, such as heavy or abnormal vaginal bleeding.

The following procedures can be undertaken:

1. **Endometrial Biopsy:** we take a sample from the lining of your womb.
2. **Removal of small fibroid:** a fibroid is a non-cancerous growth in the muscle of the womb. If they are bulging into the lining of the womb, they can be removed.
3. **Removal of small polyp:** a polyp is an overgrowth of the lining of the womb that looks like a skin tag. These can be removed.
4. **Insertion or removal of hormone releasing intrauterine device:** e.g. Mirena Coil. This can be placed inside the womb during the procedure. It releases a low dose of the progesterone hormone. The Mirena Coil can be used to treat heavy menstrual (period) bleeding.

A hysteroscopy can still be done if you are having a light menstrual bleed, but if you are having a heavier bleed, please let us know so that we can reschedule your appointment.

What preparation do I need?

Eating and Drinking: You can eat and drink normally on the day of your procedure.

Pain Relief: We recommend taking pain relief such as Ibuprofen or Paracetamol at least one hour before your appointment. We can also provide local anaesthetic. This involves passing a speculum (a medical tool used to help with insertion).to administer the anaesthetic. Please let us know if you would like this done before we start. Some people find mindfulness or meditating helpful.

Pregnancy & Contraception: The procedure cannot be performed if there is a chance you might be pregnant. You must use contraception or not have sex between your last period and your appointment. You will be offered a urine (pee) pregnancy test when you arrive for your appointment.

Support: You may wish to have a friend or family member accompanying you.



During the hysteroscopy

- The procedure normally takes 15 minutes. However, the total visit may take 1-2 hours, including the consultation before and allowing for time to recover.
- You will be given a gown to change into and taken into the treatment room. You can watch the examination on a monitor if you wish.
- You will lay in the same position as you would for a smear test. On your back, with your legs bent at the knee. A hysteroscope is passed through your vagina and into your womb. The womb is then filled with a salty fluid to allow for lining of the womb to be seen clearly.
- A biopsy (sample) of the lining of your womb or removal of small fibroids/polyps may be taken.
- Sometimes pictures are taken during the procedure, which you can ask to see. These will be kept in your notes.
- If the procedure is too uncomfortable, please let us know. Some women feel faint or sick during the procedure. This usually passes quickly.

Please scan the QR codes below to watch a video guide on having a hysteroscopy and on using Mindfulness during the procedure.



<https://www.rcoa.ac.uk/patients/patient-information-resources/preparing-your-mind-surgery>

After the procedure

- You may get some period-like pain for 1-2 days after the procedure. You may also get some light bleeding from the vagina that can last up to one week. These symptoms usually settle quickly, and most people feel able to go back to their normal activities on the same day.



- After the procedure you can go back to your normal daily activities and can shower.
- **Do not have a bath or go swimming, have sex, or use tampons for 10 days after the procedure or until bleeding and discomfort have settled.**

If you are experiencing heavy vaginal bleeding, fevers, pain when passing urine (peeing) or smelly vaginal discharge, please seek medical attention. During working hours and within two weeks of the procedure, you can go to the Whittington Hospital's Women's Diagnostic Unit or to your GP. However, if you are very unwell or it is out of hours, you should go to your nearest Accident and Emergency Department.

Results

- If you have a biopsy during the procedure, you will be sent a letter with the results within three weeks. Your GP will also receive a copy.
- If the results of your biopsy suggest that you may need further treatment, you will be sent a letter for an appointment with a consultant to discuss this. You may want to bring someone to support you at this appointment.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 10/04/2024
Review date: 10/04/2026
Ref: ACW/Gynae/OH/08

© Whittington Health
Please recycle

