

What is a hysteroscopy?

Hysteroscopy is the name given to the procedure that allows inspection of the inside of the uterus (womb) using a thin telescope called a hysteroscope and take a biopsy (tissue) if needed.

Why do I need a Hysteroscopy?

The reason your doctor has advised for you to have this is to help find the cause of your abnormal vaginal bleeding. This could be because of;

- Heavy or irregular periods
- Bleeding in-between periods
- Bleeding after the menopause.

Will the procedure hurt?

The procedure is not generally painful. Some women experience a little discomfort similar to period pains.

You can if you wish take a simple painkiller such as Paracetamol or Ibuprofen an hour before your appointment.

Will I be able to see what is wrong?

There is video equipment and you will be able to watch this also if you wish.

How long will the hysteroscopy take?

The hysteroscopy itself takes about 15-20 minutes but, the appointment may take longer to allow time for any questions and discussion.

Please allow up to 2 hours for your appointment in case you need to have any further tests or there is a delay on clinic which, we do try to avoid but can happen.

Can the Hysteroscopy be done if I am having a period?

The test is not usually performed when you are having a period so; if you are bleeding or you are due to start your period on the day of your appointment please telephone the number on your letter to change the appointment date as soon as possible.

Can I bring someone with me?

You are welcome to arrange for a friend or relative to come with you but we would usually ask that they wait in the waiting area whilst the procedure is carried out.

What can I expect?

On arrival please give your name to the receptionist and you will be asked to take a seat in the waiting area. When it is your turn to be seen in clinic a nurse will come into the waiting room and take you to see the doctor/ nurse hysteroscopist.

There will normally be two nurses and the doctor/ nurse hysteroscopist present. Sometime there may be a student doctor or nurse but, if you wish it is alright to ask them to leave the room.

First the doctor/ nurse hysteroscopist will explain the procedure and may ask you about;

- Your periods
- The number of pregnancies you have had and the type of contraception you use
- Your general health, any operations or illnesses you have had in the past and whether you are taking any medications or have any allergies.

You will be asked by the doctor/ nurse hysteroscopist to sign a consent form allowing them to do the procedure and carry out a biopsy of the lining of the uterus (womb) if needed.

At this time you if you have any questions to ask about the procedure, please do.

Following the discussion you will be shown to a changing room and asked to undress from the waist down and put on a gown that will be provided.

During the examination

You will have the procedure on a purpose built couch. The nurses will help you to position yourself and will stay with you throughout. The couch has padded supports on which to rest your legs.

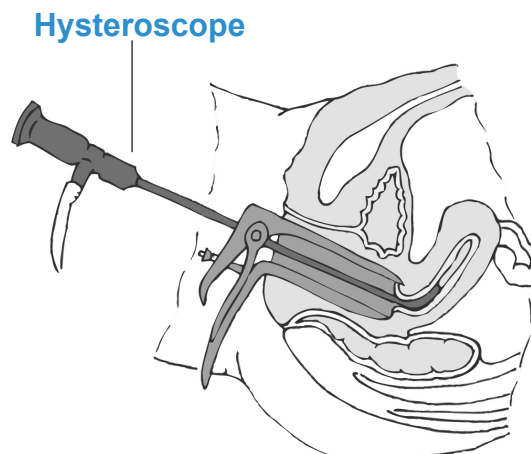
When you are comfortable the doctor will insert a speculum into your vagina – the same as having a cervical cytology test.

The hysteroscope (a tube thinner than a pencil) is gently passed into the vagina, through the cervix (neck of the womb) and into the uterus (womb).

A small amount of sterile water passes through the hysteroscope so that the inside of the uterus (womb) can be seen clearly.

At this time the doctor sometimes will take a biopsy (tissue) from the uterus (womb).

The biopsy will then be sent to the laboratory for further testing.



What should I expect after the procedure?

- You can resume normal activities directly afterwards.
- You may have a blood stained discharge which should settle down after a few days.
- During this time use a sanitary towel not tampons.
- We advise you to avoid sex for a week after the procedure.
- Some women experience period like pains for a short while afterwards. These can be eased with simple pain killers.

When do I know the result?

The doctor/ nurse hysteroscopist will discuss the findings of the examination with you at your appointment.

If a biopsy has been taken then it may be between 6-8 weeks before you receive your result. This may be by letter or at a further outpatient appointment.

Is there anyone I can speak to before my appointment?

Please contact us if you have any further questions or anything you are not sure about.

The Hysteroscopy secretary is available on 01484 355792 or you can ask to speak to one of the nurses using this same telephone number.

If you have any comments about this leaflet or the service you have received you can contact :

Hysteroscopy Secretary
Huddersfield Royal Infirmary
Telephone No: 01484 355792

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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المذكور أعلاه"