

Hysteroscopy: advice following an outpatient hysteroscopy procedure

You have had an outpatient hysteroscopy and this information sheet is to let you know what to expect over the next few days and offer some advice.

- 1.** You may have, or continue to have, abdominal cramps for a few days after your hysteroscopy. This is normal. You may wish to take pain relief tablets such as paracetamol or ibuprofen or any pain relief of your choice until the pain subsides.
- 2.** Following the procedure mild bleeding or pinkish vaginal discharge may occur. This is normal and should generally cease after a few days.
- 3.** We advise that after hysteroscopy you:
 - do not use tampons – use sanitary towels whilst you have bleeding and/or discharge
 - avoid sexual intercourse whilst the bleeding/discharge occurs and until it stops
 - avoid swimming for a week after the bleeding or discharge stops
 - take showers rather than having baths for the duration of the bleeding/discharge
- 4.** Please contact your GP or call 111 or go to Calderdale A&E if you:
 - have severe pain that is not relieved by regular pain relief
 - have heavy bleeding that requires you to change sanitary pads frequently (changing pads hourly for more than 3 hours)
 - have foul-smelling vaginal discharge
 - feel hot and shivery

These symptoms could be a sign of an infection and need clinical assessment.

- 5.** Generally, you should be able to return to normal activities including work when you feel ready to.

Helpful contact details

Gynaecology Assessment Unit: Telephone: 01422 224415 (Clinical advice)

Hysteroscopy secretaries: Telephone: 01484 355792 (Appointment/results advice)

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

Gynaecology Outpatient Nurse Manager

Telephone: 01422 222667

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 ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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