

## Advice Following your Out-Patient Hysteroscopy

- Following your procedure you may wish to rest for the remainder of the day.
- You should be able to resume normal activities, including exercise within 24 hours.
- You may experience abdominal discomfort similar to period pain for which a simple pain relief i.e. Paracetamol may be required. Please consider the timing of any pain relief you may have taken prior to your appointment.
- You can expect to bleed for up to 10 days following the procedure which may be as heavy as a normal period. Please use sanitary towels rather than tampons. You may use tampons if you wish for your next period.
- We advise that you refrain from swimming until your bleeding has stopped.
- It is unusual to get an infection following this procedure, should you experience symptoms such as an offensive smelling discharge, high temperature or feeling unwell, please consult your GP.
- It is not necessary to administer anti-biotics immediately following your procedure, unless you are having a particular gynaecological treatment.
- You should refrain from sexual intercourse until the bleeding has stopped.
- Written results of any biopsies will be sent to both you and your GP within the following 2-3 weeks.
- You will be advised of any follow up appointment if needed, via letter.
- If you have any further queries please contact:  
Nicola Tuck, Nurse Hysteroscopist (in training) 01603 286817 or  
Joyce Cushion Waiting List co-ordinator for gynaecology 01603 286832

### OR

For any **URGENT** problems contact the Gynaecology Senior House Officer by phoning the Norfolk & Norwich University Hospital Switchboard on 01603 286286 (24 hrs a day) and explain your concerns.

Department of Obstetrics and Gynaecology  
Colney Lane  
Norwich  
NR4 7UY  
Tel (secretary): 01603 288691  
Department Fax: 01603 287532