

Hysteroscopy, Dilatation and Curettage, Polypectomy, and Cervical Cautery under General Anaesthetic

Hysteroscopy and Dilatation and Curettage (D&C)

This is a minor procedure performed with you asleep under a general anaesthetic. A hysteroscope is a thin telescope passed through the cervix (neck of the womb) so that we can see inside the uterus (womb). Polyps and fibroids may be found. A D&C is usually performed after a hysteroscopy by stretching the cervix and taking a specimen from the lining of the uterus. The specimen is then sent to the laboratory for further analysis. The results take several days to come back.

Polypectomy

If a polyp has been seen either on the cervix or within the uterus then it is better removed as it can cause abnormal bleeding. This is a minor procedure. The polyp is then sent to the laboratory.

Cervical Cautery

In some cases the cervix is cauterised (treated with heat). After this it will take several weeks for the cervix to completely heal with healthy skin. During this time you will probably have a heavy watery, bloody discharge. This is usually at its worst in the first 2 – 3 weeks. It is preferable to use sanitary towels rather than tampons for 4 weeks. If tampons are used, it is important that they are changed frequently.

After these procedures:

Discomfort

There may be a small amount of discomfort, which settles in a few hours. Paracetamol tablets should be all that is required.

Bleeding

You may expect a little bleeding after a hysteroscopy and D&C.

Activity

Do not drive a car for 48 hours due to anaesthetic effect, but you may return to full activity after this time. You should not have sexual intercourse for one week, or 4 weeks after cervical cautery.

Follow up

This varies and you will be advised of these arrangements before you leave the hospital.