

Outpatient Hysteroscopy Patient Information

Your doctor or gynaecologist has referred you to be considered for an outpatient Hysteroscopy. This procedure will either be carried out at the Norfolk and Norwich University Hospital (NNUH) or at the Cromer and District Hospital.

If you would like to bring someone with you for support, please feel free to do so. This is not essential as you should be well enough to travel home alone. Following consultation, we ask that any friend/family member returns to our waiting area.

Procedure

An outpatient hysteroscopy is a simple procedure that involves inserting a small telescope through the neck of the womb and examining the cavity of the womb. The examination and procedure is always performed by a senior doctor or our trainee nurse hysteroscopist, with a senior doctor present. The clinicians will be assisted by trained nurses and occasionally a junior doctor.

During this procedure we often find no worrying cause for vaginal bleeding and are able to reassure you. However some of the common findings we see are:-

- Fibroids – lumps in the muscle of the womb that are found in 1 in 5 women
- Polyps – tags of the lining of the womb

Depending on the findings you may have a biopsy, using a small plastic device that takes a tiny suction sample of the lining of the womb.

If we find that you have a polyp during the procedure we will assess the size and discuss the best way of removal. We will usually attempt to remove it during this appointment. This is done by passing a small instrument through the hysteroscope and removing the polyp under vision. If required we can convert to a myosure procedure, which requires a change of equipment and a slightly different technique. The options of removing a polyp will be discussed with you at the time and we will be guided by how well you are tolerating the procedure.

If recommended we can also insert a Mirena coil used to control heavy bleeding. Please ask for more information about the Mirena coil before the procedure.

Pain relief

You may feel period-like cramping discomfort during the procedure. These will be helped by you taking two 200mg tablets (400 mg total) of Ibuprofen 2 hours before your appointment if you are not asthmatic or allergic to Ibuprofen or aspirin. If you are asthmatic or allergic to this medication two 500mg Paracetamol tablets (1000mg total) 2 hours beforehand will also help.

During the procedure it may be appropriate to use local anaesthetic to aid the initial insertion of the scope. We can offer 'gas and air' (often used during labour) throughout the procedure at NNUH; not available at Cromer Hospital. Alternatively this procedure can be performed as a day case whilst you are asleep (under general anaesthetic).

Risks

There is a very slight risk (less than 1%) that during this procedure your womb lining may be damaged or punctured. You may also experience vaginal bleeding for up to 10 days after the procedure; so it is suggested you bring a sanitary towel with you. You are advised to refrain from sexual intercourse until any bleeding has stopped.

There is a small risk of infection post procedure however routine antibiotics are not given. Should you experience any symptoms such as an offensive smelling discharge, temperature or feeling generally unwell, please seek further advice from your GP.

This procedure cannot be done during a heavy period. If you think that you will be in the middle of a heavy period at the time of your appointment please contact us on the number below to re-arrange.

Upon arrival

We will ask all pre and peri menopausal women for a urine sample in order to perform a pregnancy test. This is a necessary requirement prior to any procedure of this nature. We will record a blood pressure reading and ask you to change into a theatre gown.

After your procedure

The doctor will discuss the findings of the procedure with you. If a biopsy (a small sample of tissue) was taken written results will be available to you and your GP within 2 -3 weeks. The letter will detail any further appointments and management plans following any diagnosis.

If you need to re-arrange or discuss your appointment please contact Joyce Cushion on 01603 286832. Alternatively If you have any further questions or worries about this procedure, you can call our Nurse Hysteroscopist (in training) Nicola Tuck 01603 286817, please leave a message on the answer machine and she will return your call within 24-48 hrs.

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