

## Gynaecology Outpatients Procedure Suite

### DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

Colney Lane Norwich NR4 7UY  
Gynaecology waiting list Coordinator 01603 287037

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#### Advice following an outpatient hysteroscopic procedure

- Following your procedure, it is fine to drive yourself home, providing you feel well.
- 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 hrs.
- You may experience abdominal discomfort similar to period pain for which a simple pain relief medication 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 14 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.
- You should refrain from sexual intercourse until the bleeding has stopped to avoid any risk of infection.
- 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.
- Anti-biotics following an outpatient hysteroscopy, inclusive of endometrial biopsies or removal of a polyp.
- It is our practice to administer an anti-biotic suppository if you have had one of the following procedures: Myosure or Novasure.
- All biopsies will be sent for analysis. Once reported and reviewed, a letter detailing the findings and any further management plan will be sent to you and your GP. This process can take between 4 and 6 weeks.
- If appropriate, you will be asked to attend a follow up appointment within gynaecology outpatients.

#### **If you need to discuss a further appointment, please contact:**

Waiting List Co-ordinator/Gynaecology OPH bookings: 01603 287037

#### **If you have any further questions following this procedure or planned future appointment, please contact:**

Gynaecology waiting list Coordinator 01603 287037 who will arrange a telephone follow up consultation.

For any **URGENT** problems contact Cley Gynaecology Ward: 01603 287242 or 01603 289953