

Hysteroscopy As an Outpatient

Patient information Leaflet

September 2020

About Hysteroscopy

Hysteroscopy is now recognised as being the safest and most accurate way to diagnose abnormal bleeding problems. It is a procedure that involves examining the inside of your uterus (womb) with a thin telescope-like device called a hysteroscope.

A hysteroscopy cannot be carried out if you are bleeding. Please ring as soon as possible to change your appointment if you know you will be bleeding on 0161 922 6317/6177 or to speak to a nurse ring 0161 922 6168.

Please have something to eat and drink as normal before attending for your appointment.

The procedure must not be carried out if there is any chance that you are pregnant. To avoid this possibility, it is important to use contraception or avoid sex between your last period and your appointment.

A hysteroscopy is performed for several reasons including:

- Heavy or irregular bleeding that has not got better with tablets from your doctor.
- Bleeding in between periods.
- Bleeding more than one year after the menopause (post-menopausal bleeding)
- Irregular bleeding whilst you are taking hormone replacement therapy (HRT).
- If you are thinking of having an operation to make your periods less heavy (endometrial resection / ablation using a device such as Novasure).
- It may be performed to investigate infertility or if you are having unexplained miscarriages.
- Removal of a coil when the threads are not visible at cervix.

Who works in the Outpatient hysteroscopy service?

- Consultant or Specialist Nurse Hysteroscopist- they or another member of the team will perform the hysteroscopy.
- Nurses and/or Health Care Assistant- they will be helping in the clinic room and one of them will stay with you throughout the procedure.
- Occasionally there may be junior doctors or medical students present who are learning about hysteroscopy.

What do I need to bring with me?

You are welcome to bring your partner, relative or friend with you. If you wish, he/she may be present during the hysteroscopy. You are advised to bring a sanitary pad as you are likely to experience some bleeding or discharge after the procedure.

How long will it take?

In about half an hour you will have:

- A full explanation about your visit.
- The hysteroscopy
- Results and any advice.
- Recommendations for treatment.

What will happen during the test?

It is a bit like a smear test- the doctor or nurse uses the same instrument in your vagina so that your cervix can be seen. You may be given some local anaesthetic to numb the area and then the doctor or nurse passes an instrument like a tiny

telescope (as thin as a pencil) into your womb. This is the hysteroscope. It is connected to a camera and a TV screen, which shows the inside of the womb. You may choose whether or not you wish to watch the screen. After this the doctor or nurse may remove a tiny piece of tissue from the lining of the womb (a biopsy) which will be sent for examination under a microscope by the pathologist.

The whole procedure takes about 5-10 minutes. At some stages you may feel some discomfort which is a bit like period pain. You may also feel slightly wet as water is passed through the hysteroscope into the womb to give a better view. Many women feel nothing at all. Photographs of the findings inside your womb may be taken and kept in your healthcare notes

The most common findings are:

- In many cases we find no serious cause for the bleeding.
- Polyps- these are simple skin tags within the womb. It may be possible to remove these at the same visit.
- Fibroids- these are swellings in the muscle in the wall of the womb and are extremely common.

What if I feel nervous or worried about the pain?

You can choose to take medication such as Mefenamic Acid (Ponstan), Ibuprofen (Brufen) or paracetamol beforehand to relieve any discomfort. Your GP can give you tablets and instructions on when they should be taken.

What happens afterwards and how will I feel?

After the test you can return to the cubicle to get changed into your own clothes. The doctor or nurse will talk to you about the results of the hysteroscopy and the next step in your treatment. You should feel well enough to walk travel by bus or train or to drive home. You can go back to work if you wish.

How do I get the results?

The doctor will either write to you with the results or you will be sent an appointment to be seen in the outpatient clinic.

Contact numbers

If you have a query about your appointment ring the booking team on 0161 922 6317/6177 or if you want advice regarding the procedure please contact the nurse on 0161 922 6168.

Further information

National Institute for Health and Care Excellence (NICE) guideline NG88, *Heavy Menstrual bleeding: Assessment and Management* :

www.nice.org.uk/guidance/ng88/informationforpublic

NHS information on hysteroscopy:

www.nhs.uk/conditions/hysteroscopy/what-happens

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگویج، انٹرپریٹیشن اینڈ پیسٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Author: Paula Hollings
Division/Department: Womens health Unit
Date Created: January 2012
Review Date: September 2020
Reference Number: GYNAE24
Version: 2.0