

OFFICE HYSTEROSCOPY



F FERNANDEZ
HOSPITAL

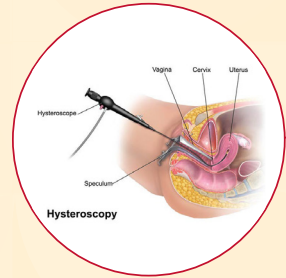


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What is an Office Hysteroscopy?

Hysteroscopy is an investigation to look inside the womb using a very narrow telescope. It is a common procedure performed in the gynaecology department. The telescope is introduced gently through the vagina and passed through the neck of the womb (cervix). It is possible to perform this hysteroscopy investigation in the gynaecology department with or without the use of local anaesthesia in most patients.

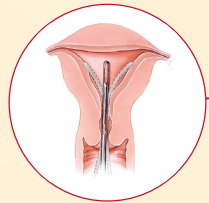


The hysteroscopy investigation might take anything between 5 and 15 minutes. During the investigation, you will lie on an examination couch and rest your legs in two supports; your legs will be covered with a drape.

We advise that you take your normal method of pain control 45 to 60 minutes before your appointment to help with any mild discomfort that you may have during the investigation.

What is an Endometrial Biopsy?

To investigate the cavity of the womb adequately, there is a need to take a sample from the endometrium (lining of the womb). This is taken via a narrow tube called a 'Pipelle' or via the hysteroscope. Most women experience some period-like cramps during this time but they will settle quickly afterwards.



What is a Polypectomy?

Polyps are similar to skin tags and found within the cavity of the womb. The polyps can vary in size and are commonly found during a hysteroscopy investigation. The removal of a polyp is called a polypectomy. If a polyp is found during your hysteroscopy investigation, a polypectomy can be performed at that time.

Why do I need these tests?

A hysteroscopy can help find the cause of the problems you are having, such as:

- Heavy, vaginal bleeding
- Irregular periods
- Bleeding between periods
- Bleeding after sexual intercourse
- Bleeding after menopause
- Persistent discharge
- Any other problems where you and your doctor thought a hysteroscopy should be carried out.

Are there any alternatives?

Hysteroscopy is considered the gold standard investigation to check the cavity of the womb. However, many women will not need a hysteroscopy. An ultrasound scan is often used in assisting with investigations of symptoms. If the ultrasound scan is entirely satisfactory, a hysteroscopy may not be necessary. Your doctor will discuss this with you and we will always take your preference into consideration.

Are there any risks?

Any medical procedure has risks, but we take adequate precautions to avoid any problems. A hysteroscopy is a very safe procedure with a low risk of complications. Less serious but relatively more frequent risks are bleeding and infection.

The overall risk of serious complications from diagnostic hysteroscopy is approximately two women in every 1000.

Serious but less common risks are:

- Damage to the uterus
- Failure to enter to uterine cavity and complete intended procedure
- Damage to bowel, bladder or major blood vessels (rare)
- Infertility (rare)

Note: Three to eight women in every 100,000 undergoing hysteroscopy die as a result of complications, which is very rare.

How do I prepare myself for my Hysteroscopy investigation?

Will I need a scan?

Once you attend your clinic appointment, you will be advised an ultrasound scan. Not every person needs one. If you do need a scan, you will be given an internal scan as this gives us more information. For an internal scan, you will need to empty your bladder.

What should I wear?

It is advisable to wear comfortable clothing for hysteroscopy. You will be asked to remove all clothes from below the waist for the procedure.

Valuables

It is advisable not to bring valuables.

Accompanying person

It is helpful if you are accompanied by someone who can drive you back home, but this is not essential.

Can I have sex before this procedure?

Sexual intercourse does not affect your hysteroscopy investigation. We do advise that if you use a spermicidal barrier method of contraception or lubricant jelly you should refrain from using them for 24 hours before your hysteroscopy in case you need a smear test at your appointment.

Do I have to stop the contraceptive pill?

No, you should continue with your contraceptive pill but please do mention any medication to the doctor at your appointment.

What if I could be pregnant?

If you think there is any possibility that you could be pregnant, please discuss this with us. This is very important and you **MUST** not have a hysteroscopy if you are pregnant. We can do a pregnancy test but please note that a negative pregnancy test does not always exclude a very early pregnancy.

What if I am having a period on the day of my hysteroscopy?

A hysteroscopy is best done when you are not having your period. If you are on your period then the findings of your hysteroscopy investigation may be difficult to interpret. Please discuss this with us as we may need to reschedule your appointment.

However, if you are bleeding after going through the change (menopause), it is very important to see you as soon as possible.

What happens afterwards?

Recovery

After the procedure, we have a dedicated recovery area where you can sit and have a drink if you wish to. The doctor will explain the findings of the hysteroscopy. If a biopsy was taken they will inform how you will receive the results. You may be informed of the results in writing or during a clinic appointment at a later date. Results can take up to two weeks to be obtained.

Returning to normal activities

You will be able to return to normal activities after your hysteroscopy. We do advise, however, that you shower rather than have a bath for a few days afterwards and avoid public swimming pools, tampons and vaginal douching for two weeks. If you experience vaginal bleeding following your hysteroscopy, it is advisable to avoid sexual intercourse as this it may increase the chances of infection. Normally women go back to work on the next day after a hysteroscopy. However, everybody is different. Your doctor will advise you if you need more rest.

When to seek medical advice

It is normal to have a few days of bleeding, vaginal discharge or period- like cramps after a hysteroscopy.

You need to seek medical advice if you experience any of the following:

- Your vaginal discharge becomes offensive
- You develop a fever
- Your vaginal bleeding becomes heavier than your period
- You experience excessive pain

Emergency contact numbers:

+91 7337320890/ +91 40 4047807442