

Patient Information Leaflet

## Outpatient Hysteroscopy

**Produced by:**  
The Department of Obstetrics & Gynaecology

**Date: March 2016**  
**Review due: March 2019**



**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্ রথম ভাষা না থাকার কারণে এই লিফলেট পড়তে অক্ ষম হন, তাহলে আরও তথ্ যের জন্ য01983 534850 নেভিগেশন PALS টেলিফোন ইংরেজি কথা কেউ জিজ্ ঞাসা কর্ নএবং সাহায্ যকরন

## **Introduction**

### **What is Outpatient Hysteroscopy?**

Hysteroscopy is an examination to inspect the lining of the uterus, (womb) using a fine telescope. This investigation can be carried out in outpatients eliminating, in most cases, the need for patients to be admitted to the ward for an anaesthetic.

The procedure does not require you to stay in hospital and can be stopped at any time, if you tell us to, as you are wide-awake.

### **Why is it being performed?**

You may have been experiencing abnormal uterine bleeding or discharge and the hysteroscopy will help the doctor to find out why this has been happening. You may have had an ultrasound which suggests there is a polyp or fibroid in the uterine cavity which could be removed in an outpatient setting. You may have a coil which is difficult to remove and this can be done using the hysteroscope.

### **What does the procedure involve?**

We use a special chair which has been designed for the comfort of the patient. We suggest you wear a skirt or clothing that is easy to remove.

We use a very small diameter telescope, (hysteroscope) to see the entire inside of the womb. It is usually possible to pass the hysteroscope without the need to dilate (stretch) the entrance to the womb, (the cervix). This is possible because we use saline fluid to gently distend the cervix and the space inside the womb so that a clear view is obtained. A biopsy can be taken for analysis at the same time using a sampling device. If small polyps or fibroids are seen it may be possible to remove them in an outpatient setting.

The procedure usually only lasts 5 – 10 minutes.

We may rarely need to dilate the cervix to pass the scope.

You may, if you wish, look at the television screen to see what we see.

You may experience cramping and discomfort during and after the procedure, therefore please take an Aspirin like drug, (Ibuprofen / Aspirin) and Paracetamol 2 hours before you come to clinic, (provided you are not allergic to these) to reduce any discomfort.

You will be kept fully informed as to the findings at the time of this investigation. Whether or not you will require anything further to be done will be discussed with you at the end of the procedure.

Your doctor will write to you and your GP with the results of this procedure.

## **What are the possible risks of this procedure?**

Outpatient hysteroscopy is possible in at least 90% of people and is not possible in 5% because of technical reasons and 5% because of discomfort or anxiety. If we cannot complete the procedure you will need to have it done under general anaesthetic.

This is a very safe operation, which is frequently performed but you should be aware of a few small risks.

- There is a small risk of infection for which you may be required to take antibiotics.
- There is a less than 1 in 500 chance of perforation of the womb, (making a hole in the womb). This is not serious but if a perforation is suspected you may require antibiotics. The hysteroscopy is done under direct vision so it would be exceptionally rare to have caused damage to any organs outside the uterus.

## **Following the procedure**

You may experience some vaginal bleeding, you may also notice a brown discharge. This may last for up to a week. To reduce any risk of infection, it is best to avoid sexual intercourse and the use of tampons until this discharge stops.

If you have had a procedure to remove a polyp or fibroid it may not be possible to remove the whole specimen even if it is detached from the womb. If this is the case a biopsy will be taken and the rest will pass naturally and may be seen as a lump of tissue.

If your bleeding becomes heavy or smells offensive, please contact your GP.

**PLEASE NOTE THIS IS A SPECIALISED CLINIC WITH LIMITED APPOINTMENTS. IF YOU ARE UNABLE TO ATTEND PLEASE CONTACT THE HOSPITAL ON TELEPHONE NO. (01983) 534876 AS SOON AS POSSIBLE TO ENABLE THE SPACE TO BE FILLED.**

**If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.**

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport  
Isle of Wight  
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: OG/OH/5