

Having an outpatient hysteroscopy

Information for Patients

Gynaecology & Obstetrics

Scarborough NHS Trust

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This leaflet contains information about having an outpatient hysteroscopy. It explains a little about what will happen before, during and after your procedure and tries to answer some of the questions that you may have.

The doctors and nurses are there to help you. They will always make time to listen to you and answer your questions. If you do not fully understand anything about your procedure, please ask.

Why am I having a hysteroscopy?

Your doctor should have discussed with you the reasons behind your planned hysteroscopy. This procedure is mainly used to look into the womb to see why your periods or bleeding is causing a problem. We are sometimes able to treat the problem straight away. This will avoid the need for a general anaesthetic.

Would you like to comment on this leaflet?

Meeting the needs of patients and carers is at the centre of everything we do. We hope that you found this leaflet useful and informative. If you would like to comment on it, please contact Mrs S Ramaswamy, Consultant Gynaecologist and Obstetrician, Scarborough Hospital, Woodlands Drive, Scarborough YO12 6QL or telephone 01723 368111.

Teaching and Training

York Teaching Hospital NHS Foundation Trust is involved in the teaching or training of medical staff who may be in attendance at some patient consultations. However, there is an 'opt out' option for any patient who prefers to see a doctor without training medical staff in attendance.

Patient Advice and Liaison Service (PALS)

The York based team can be contacted on 01904 726262, or via email pals.york@york.nhs.uk
The Scarborough based team can be contacted on 01723 342434, or via email pals.scarborough@york.nhs.uk
Answer phones are available out of hours.

Are there any alternatives?

Hysteroscopy is the best way of obtaining information to help your doctors give you the best advice for managing your problems. You may choose to have the procedure under a general anaesthetic if you would prefer.

For further information, please visit:

www.womenshealthlondon.org.uk

www.nhs.uk

Who can I contact if I need further information?

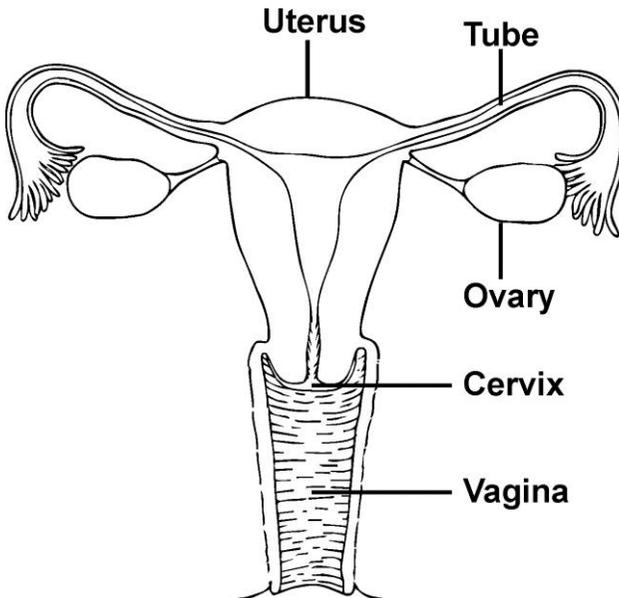
If you need further information, please contact one of the numbers below:

CONSULTANTS:	SECRETARIES:	DIRECT LINE:
MISS L HAYES	Lynn Bloomfield	01723 385248
MRS S RAMASWAMY	Sue Evans	01723 342083
Dr B Pandey	Sue Evans	01723 342083
MR O AJAYI	Emma Darrell	01723 385248
MR A AHMIDAT	Rebecca Mumby	01723 342515
MISS K VERMA	Rebecca Mumby	01723 342515
	Gynaecology Lead Nurse:	01723 385290
	Sister Thompson (Pager)	07623 626940
	Gynaecology Nurses	
	Karan Rogers	01723 385358
	Kerrie Wood	01723 385358
	Departmental Fax	01723 385346

What is a hysteroscopy?

A hysteroscopy is a procedure that allows a doctor or nurse to look directly into your womb (uterus). A thin telescope called a hysteroscope is passed gently through the cervix (the neck of the womb) and into the womb itself. A small camera is attached to the hysteroscope and the picture is displayed on a TV screen. You will also be able to see the picture if you wish to do so.

Diagram of the Female Reproductive System



The diagram above shows the female reproductive tract. During a hysteroscopy, the thin telescope is passed gently through the cervix and into the womb.

What happens before my appointment?

Please eat and drink as normal. Some people experience a mild discomfort during the procedure. You may wish to take some pain relief one hour before your appointment time. Paracetamol or ibuprofen are recommended unless you are allergic to either of them. If you have been sent a patient history questionnaire, please fill it in and bring it along with you.

What happens during my appointment?

Please come to the Reception Desk and you will be booked in.

The nurse or doctor will introduce themselves to you and explain what will happen during your appointment. You will be asked about your problem, your general health, current medication and any allergies you may have. At this stage you will be asked to sign your consent form. Any possible treatments that could be carried out at the same time as the hysteroscopy will be discussed with you.

What are the benefits of an outpatient hysteroscopy?

This procedure helps your doctor to investigate any gynaecological problems you might have and either perform or recommend a treatment.

Surveys have shown a high level of patient satisfaction with hysteroscopy in outpatients. Having a hysteroscopy as an outpatient avoids the need for a general anaesthetic. Most women are also able to have a diagnosis and treatment if required at the same visit.

Are there any risks involved in having a hysteroscopy?

A few women have reported feeling faint and sick during their hysteroscopy. If you feel faint or sick during your hysteroscopy we can stop the procedure. Most women usually recover quite quickly after a few minutes rest.

There is a small risk of your pelvis and fallopian tubes becoming infected following the hysteroscopy. This can be treated with antibiotics.

Sometimes we are not able to carry out the hysteroscopy or treatment because the neck of the womb is too narrow, the polyp is too large or you are suffering from too many side effects from the procedure. If this is the case we may recommend a hysteroscopy as a day case under a general anaesthetic.

You will then be shown in to a private cubicle and asked to remove all your clothing below the waist except your shoes and socks. A hospital gown will be provided.

A nurse will show you through into another room where your hysteroscopy will take place. You will be asked to sit on an examination couch or chair and rest your legs on two leg supports for comfort.

The doctor performing your hysteroscopy will examine your vagina and pelvis. A speculum, which is the same instrument used when you have a smear test, is placed inside your vagina to enable the doctor to see the neck of your womb (the cervix). Sometimes a little local anaesthetic is injected into the neck of the womb. When the hysteroscope gently passes through the neck of your womb, fluid is then passed through the hysteroscope as it slowly enters the womb itself (the uterus).

During this time you may get some cramps within the lower part of your tummy, not unlike period pain. These cramps will settle after your hysteroscopy. As the procedure takes place, the nurses and doctors will be talking to you and checking how you feel at all times. If you find the procedure uncomfortable or have any concerns during the process, please inform the doctor or nurse.

Will I have anything removed during my hysteroscopy?

You may have a biopsy of the lining of the womb. If you have a small polyp this may be removed during your hysteroscopy. If during your hysteroscopy any lost intrauterine devices (IUD) are seen they will be removed at this stage.

The whole procedure is likely to take about 10 minutes. Although women are often worried about this procedure, most do not find it too much trouble and are surprised that it is over so quickly.

What happens after my hysteroscopy?

The doctor or nurse will explain the findings and any recommended treatment. If samples are obtained or a polyp is removed, we will write to you or contact you by telephone with the results. This can take several weeks.

You will be asked to rest in a nearby waiting area after your procedure and will be encouraged to have a drink. You may eat and drink normally after you go home.

Occasionally some patients experience a dull ache for a few hours after the hysteroscopy, however simple pain relief such as Paracetamol or Ibuprofen will usually help.

Most women have a little vaginal bleeding for a day or so after the hysteroscopy. We advise that you do not use tampons, have intercourse or go swimming until your bleeding has stopped. If your bleeding becomes heavier than a normal period or you have an offensive smell then you should contact your GP for advice. It is a good idea to arrange for somebody to accompany you home after your appointment. However, you will not have received any drugs which will affect your driving or operating any machinery.

Our Commitment to You

Our ultimate objective is to be trusted to deliver safe, effective healthcare to our community. You can find further details on our website: www.york.nhs.uk.



If you require further information
please contact one of the telephone
numbers on page 10 of this leaflet.

Owner	Mrs S Ramaswamy Consultant Gynaecologist & Obstetrician
Date of Issue	July 2013
Review Date	September 2016
Version	2
Approved By	Mr Booth Consultant Gynaecologist & Obstetrician

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