

Outpatient hysteroscopy clinic

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References

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Patient information

Outpatient hysteroscopy



What is outpatient hysteroscopy?

Outpatient hysteroscopy is a test that involves passing a thin instrument called a hysteroscope through the neck of the womb (cervix) in order to carefully examine the lining of the womb. This test takes between 10 – 15 minutes. This test is carried out with you awake.

Why is it necessary?

There are various reasons why you may have been offered this test and it should have been discussed by your doctor/nurse in the clinic. We usually perform this test to check for any abnormalities affecting the lining of the womb such as polyps, fibroids, lost contraceptive devices, abnormal womb shape, pre-cancerous and cancerous changes.

How can I prepare myself?

- You should continue to *eat and drink as normal*. Please do not arrive with an empty stomach.
- It is essential that *contraception* is used or intercourse is avoided *for the cycle of this appointment* if you are still seeing your periods.
- It is advisable to *take your own painkillers 1.5 hours before* your appointment.
- If you are *bleeding heavily* on the day of the procedure, please *contact us* for advice.
- *Bring a list of all your medications.*
- *Arrange for a friend or relative to accompany you home if necessary.*

What will happen at my visit?

1. The receptionist will book you in and confirm your details.
2. A history will be taken from you and you will be asked to change into a gown.
3. After discussion with the hysteroscopist (doctor/nurse), the test will be performed.

Your entire visit should not last any longer than an hour

How is the test carried out?

1. The nurse will help you lie on the examination couch.
2. A speculum, as used in a smear test may be inserted. The cervix may be gently grasped and local anaesthetic is sometimes applied.
3. The hysteroscope is carefully inserted.
4. Sterile fluid is used to gently open the womb.
5. A small sample of tissue from the lining of the womb may be obtained for further tests.
6. If a small polyp is noted, it may be removed at the time of the hysteroscopy.

You will be able to watch the procedure via a screen if you wish.

Will I be in pain afterwards?

It is unusual to have a lot of pain. Some women may experience a period-like cramps after the procedure for which simple painkillers such as Paracetamol can be taken if required.

Are there any complications?

It is a very safe test. Complications of this test are extremely rare as the test is carried out under direct vision.

- Most women may have bleeding and discharge for a few days after the procedure. We recommend that you see your GP to check for signs of infection and the need for antibiotics if your discharge persists or becomes offensive.
- Very rarely the hysteroscope can accidentally make a hole and damage the muscle wall of the womb. If this has happened, you will be advised to stay in the hospital overnight and have antibiotics.

What about results?

Findings are discussed at your visit. If a biopsy has been taken, you will receive the results via a letter.