

## Women's Health Centre

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# HYSEROSCOPY INFORMATION LEAFLET

## What Is A Hysteroscopy?

A hysteroscopy involves passing a mini telescope (hysteroscope), attached to a video camera, through the vagina into the neck of the womb (cervix) to examine the inside of your womb. Most commonly, it is performed under local anaesthetic, but it can also be done under sedation or a general anaesthetic. In some cases, a biopsy (tissue sample) may be taken to help with the diagnosis. Simple and straightforward, the procedure takes only a few minutes.

## Why Is A Hysteroscopy Performed?

Hysteroscopy is performed to make or confirm a diagnosis:

- To find the cause of abnormal vaginal bleeding, such as fibroid, polyps or cancerous cells.
- To diagnose abnormalities in the reproductive system, such as fibroids, adhesions, or defects in womb shape, that could contribute to infertility.
- To diagnose disease in the womb which may cause repeated late miscarriage such as defect in the shape or size of the womb or fibroid.
- It may also be used to perform small operations such as the removal of polyps the removal of the displaced coil or division of adhesions.

## Prior To The Procedure

You may wish to take paracetamol and or ibuprofen one hour prior to your procedure.

## What You May Expect Following Hysteroscopy

It's usually not painful, and you'll be up and about in a couple minutes if you've had it done under local anaesthesia.

It is not uncommon for patients to complain of period-like pain. If necessary, you may take mild painkillers such as paracetamol.

You may experience slight vaginal bleeding. It's advisable not to use tampon for bleeding following the procedure as this may increase the risk of infection.

### Are There Any Risks Involved?

The procedure of hysteroscopy is considered to be a minor one. When performed as an outpatient with local anaesthesia, the risks are lower than when done as an inpatient under general anaesthesia.

There are times when outpatient hysteroscopy fails. Occasionally, this is caused by a cervix that cannot be dilated or by bleeding from the womb cavity that prevents an adequate view.

In this case, the Hysteroscopy will be abandoned. Infection, heavy bleeding, and womb perforation are other risks.

We recommend contacting The Women Health Centre if you experience any of the following: Fever, heavy vaginal bleeding, severe lower abdominal pain or just feeling unwell.



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