



# Hysteroscopy

## An outpatient procedure

### What is a hysteroscopy?

A hysteroscopy is a surgical procedure to look at the inside of your uterus. It is performed using a fine telescope, called a hysteroscope, which is passed through the cervix. A cramp-like pain may be experienced during the procedure, which usually only lasts a few minutes. The entire process takes approximately two hours.

### How is it performed?

An outpatient hysteroscopy is performed without a general anaesthetic and usually takes 5-10 minutes.

- You will be asked to undress from the waist down and to wear a gown.
- You will be asked to lie on the examination bed with your legs supported by stirrups.
- A speculum will be inserted into your vagina in order to view the cervix.
- An antiseptic solution is applied to the cervix.
- Normally the procedure is tolerated without the need for local anaesthetic but, if you find it too painful, there are options you can try.
- The hysteroscope is inserted through the cervix into the uterus, which enables the doctor to see the 'lining' of the uterus and observe whether any abnormalities are present.
- Normal saline is flushed through at this time to ensure a clear view; this can cause a 'cramping' feeling.
- Pictures of the inside of your uterus are taken for your medical records.
- A tissue sample is obtained and sent to pathology.

- If your Cervical Screening Test (CST) is due, it can be done on the day.
- You will be notified of the results in about three to four weeks, or sooner if an abnormality is detected.
- If an abnormality is found, we will deal with it on the day. Otherwise you might be asked to return on a different day and have a hysteroscopy under general anaesthetic.

### Before the procedure

- If pre-menopausal, contraception should be used in the month before your hysteroscopy.
- Arrange for a support person to be present after the procedure to drive you home.
- If you are experiencing heavy vaginal bleeding on the day of your appointment, please ring (08) 6458 1014 between 9.30am and 11.30am to discuss it with the Endoscopy Clinic staff.
- Pain relief is recommended to minimise any discomfort you may experience.
- One hour before the procedure, take two tablets of either paracetamol or ibuprofen.
- When you arrive at the clinic a doctor will talk to you and complete the necessary paperwork.

### After the procedure

It is normal to experience:

- Cramp-like pain for a few hours and/or
- Light vaginal bleeding for 24 to 48 hours

Seek medical advice from your GP or KEMH Emergency Centre on (08) 6458 1433 if you experience continuing abdominal pain or heavy bleeding.

Results will be forwarded to your GP and your home address. Please do not phone KEMH.