

# Hysteroscopy

## An Out-patient 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.

### 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 vaginal bleeding on the day of your appointment, please ring (08) 9340 1014 between 9.30am and 11.30am to discuss it with the Endoscopy Clinic doctors.
- 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.

### How is it performed?

An out-patient 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 (a Pap smear can also be done if needed).
- An antiseptic solution is applied to your cervix (with a local anaesthetic if needed).
- 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.
- You will be notified of the results in approximately three to four weeks or sooner if a cancer is detected.

### 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) 9340 1433 if you experience:

- continuing abdominal pain, heavy bleeding or any unusual vaginal discharge.

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

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