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.