

After your procedure

You can go home the same day. You don't need someone to drive you home.

It's normal to have some symptoms afterwards, like cramping (similar to period pain) and light bleeding or spotting. They are usually mild and get better in 2 to 3 days. You can take simple pain medicine like paracetamol to help with any discomfort.

We'll give you aftercare recommendations before you leave.

Follow up and appointments

If we take any samples during your procedure, the results are usually ready in a few weeks. We may call you with your results and arrange a phone appointment to talk about them. We'll also send your results to your referring doctor or GP for your ongoing care.

If you need more treatment or a follow-up, we'll arrange an appointment for you at one of our Gynaecology clinics. At this appointment, we'll discuss your results and plan the next steps in your care.

Who to contact

You don't need to contact the Women's after your appointment. We'll arrange your follow-up care for you. This might be a phone call after your procedure or a referral back to your regular doctor for ongoing care.

If you're worried or not sure what to do next, call the Planned Surgery Access team on (03) 8345 3335. Ask to speak with the Ambulatory Gynaecology team.

If you need urgent help

If you need urgent care after you go home, contact your GP or go to the nearest emergency department.

If it's an emergency, call Triple Zero (000) for an ambulance right away.

Do you need an interpreter?

You can ask an interpreter if you need one.



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Awake procedures at the Women's

**Ambulatory Gynaecology
Services**



Awake procedures

Our Rapid Access Hysteroscopy Unit offers you the opportunity to have your procedure done while you're awake, allowing you to go home on the same day.

Thanks to smaller, advanced equipment, we can safely do many procedures without the need for general anaesthesia.

You don't need to fast, arrange for someone to drive you home, or take time off from your usual activities - you can return to them as soon as you feel able.

Most procedures are scheduled quickly, usually within 14 to 30 days after your first clinic appointment.

We perform all procedures safely and comfortably in a relaxed setting at the Women's. This special facility is designed for same day awake gynaecological care.

Preparing for your procedure

The day before your procedure, you'll get a text message confirming your arrival time. A staff member will also call to check on your health and make sure you're ready.

Eat and drink as usual before your procedure. Keep taking your usual medicines unless we tell you otherwise.

What can be treated

We can use an awake day procedure to treat or check various conditions, including:

- heavy or irregular periods
- bleeding after menopause
- removing small polyps or fibroids in the lining of your uterus (endometrium)
- removing intrauterine devices (IUDs) that are hard to take out
- investigating and monitoring thickened endometrium.

After we receive your referral to the Rapid Access Hysteroscopy Clinic, one of our gynaecologists will review it and call you for a phone consultation.

If you're suitable for an awake procedure, we'll usually book it within 14 to 30 days.

On the day

On the day of your procedure, we'll ask you to take simple pain medicine like paracetamol when you arrive.

Once you're admitted and prepared, you'll have the chance to speak with your doctor before the procedure. They'll explain the procedure and answer any questions you have before it begins.

You can still have the procedure no matter where you are in your menstrual cycle.

In most cases, the procedure takes about 20 minutes. Treatment for polyps and small fibroids may take a little longer.

During the procedure

The procedure is carried out in a relaxed environment, while ensuring all necessary medical standards are met. Your privacy is respected at all times.

If you want, you can choose to watch the procedure on a screen. Nursing staff will be with you the whole time.

You may feel some discomfort or cramping during the procedure. You can stop the procedure at any time. If you do, we can reschedule it with sedation or under general anaesthetic (you'll be asleep).

If we're unable to complete the procedure awake, for whatever reason, for your safety we'll stop the procedure and reschedule it to be performed under sedation or general anaesthesia.