



HYSTEROSCOPY

Hysteroscopy is a procedure that allows a gynaecologist to see the inside of the uterus (womb). Hysteroscopy procedure may be used for either diagnosis or treatment.

A diagnostic hysteroscopy takes only a few minutes and can sometimes be performed in the Outpatients Department while you are awake.

A hysteroscopy for the treatment of a certain medical condition is usually performed under a general anaesthetic in the Day Surgery Unit and you can go home the same day of the operation.

The hysteroscope, which is similar to a narrow telescope, is inserted through the opening (cervix) into the uterine cavity. Sometimes the cervix may need to be grasped to steady the uterus and a local anaesthetic may be used. Liquid is introduced to separate the walls of the uterus to make space so that the inside of the uterus to be seen. At the end of the procedure a sample of the lining of the uterus (endometrium) may be taken and sent for pathology examination.

Some reasons for Hysteroscopy

For diagnosis, to

- » investigate infertility
- » investigate heavy or irregular periods
- » investigate bleeding after menopause
- » investigate recurrent miscarriage
- » find intra uterine devices.

For treatment, to

- » remove or cauterise the lining the womb in a procedure called an endometrial ablation
- » remove fibroids or polyps
- » remove difficult intra uterine devices
- » cut intra uterine adhesions.

Complications

No surgery is without risk, but the risks associated with this surgery are very small. The risk is greater for women who smoke or who are significantly overweight.

Some complications that may occur are:

- » bleeding
- » perforation of the uterine wall
- » infection.

Recovery

Following the procedure some symptoms may be experienced including:

- » fainting
- » cramps similar to period pains
- » mild bleeding
- » nausea, fatigue or muscle pain
- » shoulder tip pain.

After discharge

Discharge from hospital is usually on the same day. If you are unwell, an overnight stay in hospital may be arranged.

If you stay overnight, **discharge time is at 9.30am** the following day, so please arrange to be collected at this time. If you are unable to be taken home at this time, you may be asked to wait in the patient lounge as we arrange accommodation for new admissions.

A pharmacist will see you prior to discharge to supply you with medicines, if you require them. If you are discharged on the weekend or outside business hours, you will be given a prescription which can be filled at your local pharmacy. Some pain relief medicines are available from pharmacies without a prescription. Check with your doctor or pharmacist before using, to see if these medicines are appropriate for you.

Once bleeding has stopped and you feel better you may commence your usual physical and sexual activity.

Appointments

An appointment to attend the Gynaecology Outpatients Clinic will be arranged for you so that you can discuss the results of any tests such as the pathology report.

In the event of an emergency

If you require urgent attention after discharge you should contact your local doctor or present to your closest Emergency Department.

In the event of an emergency call 000 immediately for ambulance care.

For more information

Women's Gynaecology Clinics – For appointments, re-bookings & cancellations

Tel: (03) 8345 3033

Nurse on Call

Tel: 1300 60 60 24 for general health advice and information 24 hours a day.

Better Health Channel

www.betterhealth.vic.gov.au

This fact sheet is a general overview of the operation and may not apply to everyone. If you have any further questions please speak to your gynaecologist.