

Hysteroscopy

Information for outpatients



the women's
the royal women's hospital

Hysteroscopy is a procedure so a gynaecologist can see the inside your uterus (womb). We do a hysteroscopy to find out if you have a health condition or what treatment you need.

We want to do a hysteroscopy for you as an outpatient. Outpatient means you come in for an appointment and do not stay at the hospital.

When might you need a hysteroscopy?

You might need a hysteroscopy so we can help find what is causing:

- infertility
- heavy or irregular periods
- bleeding after menopause
- miscarriages
- an intrauterine device or IUD to get stuck.

We call this a diagnostic hysteroscopy. A diagnostic hysteroscopy takes a few minutes.

You might need a hysteroscopy so we can:

- remove fibroids or polyps
- remove your intrauterine device or IUD.

We call this a treatment hysteroscopy. A treatment hysteroscopy might take a bit longer than 10 minutes.

How to get ready for a hysteroscopy

It does not matter if you have your period when you have a hysteroscopy.

You cannot have a hysteroscopy if there is any chance you might be pregnant.

On the day of your hysteroscopy, you might want to take some pain relief. You could take paracetamol or ibuprofen about half an hour before your appointment.

When you come to your appointment, a doctor will explain what is going to happen. You can ask any questions.

What happens when you have a hysteroscopy?

We use a hysteroscope to look inside your uterus. A hysteroscope is like a thin telescope with a camera on the end.

When you have a hysteroscopy the hysteroscope will be inserted through your vagina into your uterus.

The hysteroscope will show us pictures of what it looks like inside your uterus.

If we need a sample for testing, we will:

- insert a speculum through your vagina
- give you a local anaesthetic, with a spray or injection
- use a swab to take a sample from the lining of your uterus
- send the sample to pathology.

You will be awake for the hysteroscopy. If you like, you can watch what is happening.

Sometimes we might find it hard to get the hysteroscope into your uterus. If this happens, we will book another appointment to try again.

After your hysteroscopy

The doctor will explain what they found. You can ask them any questions you may have.

You might need to wait a few weeks for test results if we took a sample.

We will tell you if you need other appointments:

- with your doctor or GP for results
- at the Gynaecology Clinics at the Women's for more treatment or tests.

We will make the appointment for you if you need to come back to the Gynaecology Clinic.

You can go home after the doctor has talked to you.

Are there risks when you have a hysteroscopy?

There are some small risks when you have a hysteroscopy. Some people might have:

- bleeding
- perforation or a hole in the wall of your uterus
- an infection.

We will help you with any complications.

What symptoms might you have after a hysteroscopy?

Most people only get mild cramps after they have a hysteroscopy.

You might have some other symptoms:

- feeling faint
- cramps like period pain
- bleeding
- nausea
- tiredness
- muscle pain
- pain in your shoulder.

After you go home

You should have someone to take you home after your hysteroscopy, in case you have any pain or other symptoms.

You can go back to your usual physical activity:

- after any bleeding has stopped
- when you feel well enough.

You can go back to your usual sexual activity after 2 weeks.

If you need medical help

If you have are worried about your symptoms, you can

- talk to your doctor
- go to your nearest Emergency Department.

If it is an emergency, call Triple zero (000).

Family Violence Support

1800 Respect National Helpline

Support about sexual assault, domestic or family violence and abuse.

1800 737 732 (24-hour support service)

1800respect.org.au

Do you need an interpreter?



If you need an interpreter, you can ask for one.

For more information

Gynaecology Clinics at the Women's

(03) 8345 3033

thewomens.org.au

Nurse on Call

You can call Nurse on call for general advice and information.

You can call any time of night and day.

1300 60 60 24

Disclaimer: This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.
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