

## Gynaecology: Hysteroscopy

### Introduction

Your Gynaecologist / GP has recommended a Hysteroscopy. Hysteroscopy is a procedure to investigate abnormal bleeding from your womb, especially heavy, irregular periods and post-menopausal bleeding. A hysteroscopy is an operation which allows the clinician to look inside the womb (uterus) for any abnormalities. A fine telescope is passed through the vagina into the womb, allowing the clinician to see inside the womb and, if necessary, take a small biopsy (a sample of tissue) from the lining of the womb. The procedure may be conducted as either an outpatient attendance, or as an operation in theatre under anaesthesia. If you are having the procedure done in outpatients you should take some painkillers an hour before your procedure. You should have been provided with further details and a written information leaflet.

### Guidance for Patients

Common reasons for having a hysteroscopy include:

- Post-menopausal vaginal bleeding
- Irregular bleeding when taking HRT.
- Unusual (heavy/ irregular) vaginal bleeding
- Fibroids - when the muscles of your womb become overgrown
- Polyps - an overgrowth of the lining of the womb that looks like a small grape on a stalk.
- Removal of displaced coil / lost threads.
- Scan findings of any abnormality inside the womb

### Types of hysteroscopies:

**Diagnostic** – involves having a look inside the womb to identify any pathology inside and obtain a sample from the lining of the womb.

**Operative** – involves treatment.

Myosure to remove a fibroid or polyp.

Novasure to ablate the lining of the womb

# My Planned Care Patient Information Platform

## Risk Associated with Hysteroscopy

Although risks associated with a hysteroscopy are uncommon, it can sometimes cause :

- Bleeding
- Infection
- Pain
- Perforation- a small hole can be made in the womb
- The organs close to the womb can be damaged (bladder, bowel, blood vessels)

While you are waiting for your procedure your Gynaecologist may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your well-being.

This may include:

- Medication – hormonal or non-hormonal
- Iron / Dietary / Lifestyle changes

## What should I do if my health is deteriorating?

If you feel you are becoming more unwell, please contact your GP or NHS 111 for medical review in the first instance. Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Gynaecology team to discuss their findings in more detail and determine a management plan.

## Contact Us

If your query is urgent and you wish to speak to a clinician, please contact our Gynaecology Assessment Unit.

- Gynaecology Assessment Unit (Clinical Team)
  - Tel: (01925) 662733
- Women's Day Care- Patient Access Team (Administrative Team)
  - Tel: (01925) 662609