

## My Planned Care Patient Information Platform

### Gynaecology – waiting well for a hysteroscopy

#### Introduction

A hysteroscopy is a procedure to look inside your uterus (womb). A very fine telescope with a tiny camera at its tip is passed into the vagina through the cervix (neck of the womb). A gentle flow of fluid is used to open the cervix and fill the womb cavity so it can be viewed by the doctor or nurse to see whether the inside of the womb looks normal.

There are many different reasons that you may have been offered a hysteroscopy procedure. It is commonly used to investigate symptoms such as bleeding between periods, heavy periods, and bleeding after the menopause. Sometimes, samples of the endometrium (lining of the womb) are taken for histological analysis. Hysteroscopy is also sometimes used after a problem has been diagnosed, to remove a polyp or retrieve a contraceptive coil.

The majority of hysteroscopy procedures can be undertaken in an outpatient setting (with or without local anaesthetic injections to the cervix). However, you may be advised, or may choose, to have your hysteroscopy as a day case procedure under a general anaesthetic in an operating theatre.

Please note, if you were referred urgently then your referral may have been triaged by a consultant for a direct access outpatient hysteroscopy, where your first appointment will include an outpatient hysteroscopy procedure. The aim of this is to provide a streamlined service and to complete any diagnostic tests as soon as possible. However, if you would prefer to see a consultant in clinic first to discuss the hysteroscopy procedure, please do contact the service at the number on your appointment letter to confirm this.

#### Guidance for Patients

Whilst you are waiting for your gynaecological appointment, we recommend that you maintain a healthy diet and remain active. We know that lifestyle changes such as stopping smoking and losing weight can help. There is lots of information on eating well, exercise and lifestyle changes on the following link:

[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

#### Other good sources of information include

**Royal College of Obstetricians and Gynecologists** (general gynaecology)

[www.rcog.org.uk](http://www.rcog.org.uk)

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The contents of this information has been reviewed and approved by the Women's & Children's Executive Group of University Hospitals Bristol and Weston NHS FT.

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In the section “For the Public” you will find a collection of useful patient information leaflets which may be useful to read prior to any gynaecology appointments or surgery

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

#### GP surgeries are still open

Please contact your GP surgery for advice if you feel your condition is deteriorating.

GP surgeries are still open but may be working differently to how they did before the COVID-19 pandemic. GP practices are utilising telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

GP surgeries can contact the Gynaecology Department for advice if needed.

#### Urgent Health Advice

For urgent health advice about physical or mental health, when it’s not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

#### Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.