

## Gynaecology – Hysteroscopy

### Introduction

The COVID-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

When you are waiting for further treatment it can sometimes feel like a long wait. The information and advice here is aimed at helping you manage that wait so you arrive for your appointment in the best possible physical and mental health.

The NHS has limited resources which means that we are unable to treat you as quickly as we would like. Each healthcare provider has to consider the type of help you need, how quickly you need treatment, the best course of action to help you and when and where you can be seen.

The process of sorting patients based on their individual needs is called prioritisation. The system of prioritisation is applied consistently across the NHS to help us to decide the order in which patients receive their treatment. This is essential to ensure that we provide care based on need. The system means that care is delivered in the fairest way possible.

Once a referral has been made from primary care to secondary care, the specialist team conduct assessments and then agree with you on the right course of action. At this stage, the urgency will be assessed. If you have a long-term health condition, for example, you may need treatment faster than someone without.

Your Gynaecologist has recommended a Hysteroscopy; an operation to investigate abnormal bleeding from your womb, especially heavy periods, and post-menopausal bleeding.

### Guidance for Patients

Common reasons for having a hysteroscopy include:

- Post-menopausal 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.
- Unusual vaginal bleeding

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Chair: Deborah Evans

Chief Executive: Deborah Lee

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:

- Lifestyle changes
- Medication

## **My Planned Care Patient Information Platform**

If you cannot attend your appointment at the time you've been given, contact the hospital or clinic to rearrange it. It may help to have your NHS number with you when you contact them.

Allow plenty of time for your visit, especially if this is your first appointment. You may have to wait if your healthcare professional's other appointments overrun or they are called away to an emergency.

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.

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

If it is not an emergency please contact the NHS 111 service.

### **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.

### **Additional Support**

For advice and support for a healthier lifestyle please contact Gloucestershire Health and Care NHS Foundation Trust [ghc.nhs.uk](http://ghc.nhs.uk) and/or Healthy Lifestyles Gloucestershire [hlsghos.org](http://hlsghos.org)



**Gloucestershire Hospitals**  
NHS Foundation Trust

## Contact Us

Email: [ghn-tr.gynaecologyadmissions@nhs.net](mailto:ghn-tr.gynaecologyadmissions@nhs.net)

Telephone: 0300 422 4208/2360/4083