Outpatient Hysteroscopy Clinic

Information for patients

This leaflet will provide information on what to expect when you attend your Outpatient Hysteroscopy appointment and it will help answer some of the questions you may have.

What is a hysteroscopy?

Hysteroscopy involves using a thin telescope called a hysteroscope to see the lining of the womb.

Outpatient hysteroscopy is performed without a general anaesthetic therefore you can return to your normal daily life more quickly. Other benefits of outpatient hysteroscopy are:

- Less risk of complications
- You can see the procedure on a TV screen if you wish
- No need to fast before the procedure as for general anaesthesia

The specialist hysteroscopy clinic is set up to investigate heavy, irregular or abnormal vaginal bleeding, bleeding after the menopause or if appropriate, repeated miscarriages. It may also be performed in women who are trying to conceive or to retrieve lost coils.

During the examination a narrow telescope is passed through the vagina and through the cervix (neck of the womb) to visualise the lining of the uterus (womb) and determine the possible cause of your problem. This procedure itself usually takes 5-10 minutes and involves no external incisions (cuts).

A biopsy may be taken from the lining of the uterus, and where necessary and appropriate any small polyps or fibroids may be removed at the same time.

Your clinic visit should take approximately 45 minutes to an hour and you will be able to go home shortly after the procedure. You may wish to arrange for a friend or relative to accompany you.

What should I do before I attend?

Please contact the clinic on the day if you are experiencing heavy bleeding, as this can impair the view of the lining of the womb. The procedure may need to be rescheduled. Contact details can be found overleaf.

- Eat and drink as normal
Take your regular prescribed medication as you would normally do

Take a pain killer such as paracetamol or ibuprofen an hour before your appointment

Hysteroscopy cannot be done if you are pregnant. Please contact the clinic before your appointment if you think you may be pregnant.

If there is a possibility you may be pregnant on the day of the procedure, we will perform a urine pregnancy test in the clinic. The procedure will be cancelled if you are pregnant.

What will happen on the day?

- You will see a clinician who will explain the procedure; you will be asked to sign a consent form and will be given the opportunity to ask questions.
- A nurse will be present by your side throughout the procedure.
- You will be asked to lie on a couch with your legs in knee supports.
- The clinician will carry out the hysteroscopy and advise you if a biopsy is required. You will also be advised if any further treatment is necessary.
- During the procedure you may experience some crampy period pain and occasionally nausea. This generally subsides quite quickly after the procedure.
- Afterwards you will be able to rest in a nearby recovery area if required.
- The doctor will send a letter to your GP summarising the findings of the procedure

Is the procedure painful?

Most women will generally tolerate the procedure but you may experience some discomfort or crampy period like pains. Local anaesthetic can be applied to the neck of the womb to
ease the pain if you wish. The procedure can be stopped at any time if it becomes uncomfortable or unbearable.

What happens after the procedure?

You can resume normal activity after the procedure. The majority of women will be able to drive and go to work on the same day.

Some women may have period type pain after the procedure. This can be controlled with simple pain killers. If the pain is too severe or you feel unwell, you may be asked to have a short period of rest until you feel better.

You may have a small amount of bleeding or discharge after the procedure. If this lasts for more than a week, becomes heavy or smelly, please contact your GP.

If you have a biopsy taken, the results will be communicated to you either by telephone or by a letter.

Who should I contact if I have a problem or question?

If you have any problems after the procedure please contact the outpatient hysteroscopy clinic on the numbers below if it is within a week and during working hours. Outside these times please contact your GP or go to the emergency department.

Please note the staff will only give advice and the unit is not designed to see emergency patients.

Please contact the unit if you would like to discuss any aspect of this information in more detail on the telephone numbers below:

Tel: 01895 238 282, ext: 2385 (Monday–Thursday, 8:00am to 5pm, Fridays 8am to 1pm.)
Gynaecology Administrator
Outpatient Hysteroscopy Clinic
Elizabeth Outpatient Clinic
Level 3, Tower Block, Hillingdon Hospital
Pield Heath Road, Uxbridge, UB8 3NN
Direct line: 01895 279 469
Fax 01895 279 444
Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.
Please contact: 01895 279973

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

If you need these materials in other languages, large print or audio format, please contact 01895 279973.

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