

Women's Services

Patient Information Leaflet for Hysteroscopy

Your G.P. has arranged for you to have a hysteroscopy. It cannot be done if you are bleeding, if you know you will be bleeding, please ring the Central Patient Booking Service (CPBS) on 01274 274274.

If you are trying for a baby or having a coil removed, please abstain from sexual intercourse or use contraception from your last period until your hysteroscopy, as the test cannot be performed if there is any chance of pregnancy.

Booking in for your appointment-

If you have been sent a scan appointment

Please book in at reception on Level 1, Women's and Newborn Unit to let a member of staff know you have arrived. You will be navigated to attend your ultrasound appointment on Level 0. After your ultrasound appointment please make your way to the Women's Health Unit, LEVEL 3 for your hysteroscopy appointment.

If you do not have a scan appointment

Please book in at reception on Level 1, Women's and Newborn Unit to let a member of staff know you have arrived. You will be navigated to attend your hysteroscopy appointment on the Women's Health Unit, LEVEL 3, Women's and Newborn Unit.

When you arrive for your hysteroscopy, a nurse will talk to you, to explain the test and give you a chance to ask any questions. During the test, a nurse will be with you; you may also bring a relative or friend with you if you wish. **You may be at the hospital for up to 4 hours for this appointment.**

What if I feel nervous or worried about feeling discomfort?

You can choose to take some tablets beforehand.

1. Ibuprofen and / or paracetamol may help to reduce any discomfort felt during the immediate post test period. Take them 1 hour before your appointment

Do not take Ibuprofen if you are already on blood thinning medication, for e.g. Aspirin, Warfarin, Clopidogrel, Tinzaparin / Dalteparin / Enoxaparin injections, Apixaban, Rivaroxaban, edoxaban, Dabigatran

2. Diazepam can help you relax. Your G.P. can prescribe these for you. Take them 1½ hours before your appointment.

What will happen during the test?

It is a bit like having a smear test – the doctor or nurse inserts the same instrument (speculum) into your vagina (front passage) so your cervix (neck of the womb) can be seen. Sometimes local anaesthetic is used to numb the area. Then a very thin telescope is passed into the womb. It is connected to a camera and T.V. screen, which shows the inside of the womb (you may choose whether you want to look). Water is used to give a clear view; you might feel this trickling out during the test. After this, a tiny piece of tissue will be taken from the womb lining (biopsy) and this will be sent to the laboratory.

The hysteroscopy takes about 5-10 minutes. At some stages you may feel a period-like discomfort; many women feel nothing at all. Sometimes polyps (simple skin tags) are found. It may be possible to remove small polyps during the test, if so; the hysteroscopy would last for about another 10 minutes.

What happens afterwards and how will I feel?

You can relax with a cup of tea, while the nurse talks to you about the results of your hysteroscopy and the next step in your treatment. You should feel well enough to go home and back to work if you wish.

How do I get the results?

You will be advised at your appointment of how and when you are likely to receive your results. If you have not received either written or telephone communication within 6 weeks please contact the team on 01274 364496.

If you would like any more information about your hysteroscopy or are worried about anything, do not hesitate to contact the clinic on 01274 364496.

You can also read the RCOG patient information leaflet on 'Outpatient Hysteroscopy' found on the RCOG website.

We use Next Generation Text for people with hearing difficulties. To contact us ring 18001 01274 383342

Who works in the service?

- Hysteroscopist – this person performs the hysteroscopy. They may be female or male, trained doctor or specialist nurse. If you have any preferences, please ring CPBS on 01274 274274.
To change an appointment for the Women's Health Unit please call CPBS on 01274 274274.
- If you would like to speak to a nurse specialist before attending or if you have questions after the test you can ring 01274 364496. There is an answerphone service and the nurses will aim to get back to you as soon as possible just leave your name and contact number.
- A nurse – she will explain the test to you and will give you the results afterwards. She will also discuss recommended treatment and answer any questions.
- 2 other nurses – one will be helping the hysteroscopist in the clinic room and the other will stay with you during the test and make you a drink afterwards.
- Occasionally there may be doctors or nurses in training there (please say if you have an objection to them being in the room).

What are the most common findings?

- In many cases we find no serious cause for the bleeding.
- Polyps – these are simple skin tags inside the womb or on the cervix.
- Fibroids – these are lumps in the muscle of the womb.

What have other patients thought?

When asked, 97% said they would be happy to have their hysteroscopy done this way again.

These are some comments from women who have had a hysteroscopy:-

- *"Quick, efficient, painless, on the spot diagnosis".*
- *"The explanation of what was going to happen and getting the results straight away really put me at ease".*
- *"I knew what was happening step by step, which was very reassuring".*
- *"Reassurance that there was no serious problem to worry about"*

If you need this information in another format or language, please ask a member of staff to arrange this for you.