

Post hysteroscopy clinic information

Coming to our clinic may have been overwhelming at first. We hope you felt as comfortable as possible and that we have maintained your respect and dignity at all times. We hope you have understood what has been said.

This leaflet will answer some of your questions to enable you to settle more easily at home. If there is anything else at all that you would like to know, please do ask us.

Today you have had a hysteroscopy performed. The doctor/nurse specialist had a look inside your womb with a camera.

You may have had a biopsy taken which involved taking a small sample of tissue from the inside of your womb.

How will I feel afterwards?

Not everyone is the same; you may experience some symptoms:

Crampy period like pains

These usually ease off once the procedure is completed, or may continue for a day or two you may take painkillers like paracetamol or whatever normally suits you as instructed on the packet.

Vaginal spotting or some fresh blood loss and watery discharge

This may last for a day or two. Because the procedure has involved opening the neck of the womb slightly, it is advisable to use only sanitary pads instead of tampons and to avoid sexual intercourse during this time to avoid the risk of infection.

Following your procedure

- It is advisable to rest for the remainder of the day
- You may eat and drink as normal
- You may shower/bath as normal
- You can go back to work/resume normal activities the next day if you feel well enough.

Complications (very rare but can occur).

- Severe or persistent bleeding.
- Excessive pelvic pain.
- Infection; strong smelling discharge, feeling unwell with shivers and high temperature.

These symptoms can occur immediately or may take up to fourteen days to develop:

If an infection inside your womb is suspected at the time of hysteroscopy, we will give you antibiotics before you leave the hospital in addition to a course for you to complete at home.

If you develop symptoms up to two weeks following your procedure and suspect you have an infection, use the contact information listed in this leaflet to seek advice. Where antibiotics are prescribed, it is important you complete the full course given to you.

Uterine perforation (a hole in the womb). This is usually apparent at the time of the procedure, the procedure would be stopped and you would be admitted for overnight observation – usually able to go home the next day but rarely a laparotomy would be required. If you become unwell and are concerned please use the contact information listed in this leaflet.

Although extremely rare, sepsis (blood infection) can occur following a hysteroscopy procedure. Symptoms include a high temperature and generally feeling very unwell within hours of the procedure. In this instance you should attend your local A & E department immediately for assessment.

Other information

Before you leave the clinic, you will be informed whether a further appointment is necessary for you to be seen again. This follow up appointment will be given to you before you leave or posted out.

The procedure you have had today is called: **Hysteroscopy**

This is in case you have any queries or that you seek medical advice prior to correspondence reaching your GP through the post. A formal letter is forwarded to your GP following your appointment.

If I have had a biopsy taken when will I get the results?

It can take up to four weeks for the biopsy to be analysed.

If the results of the biopsy are normal we may not need to see you again and you will be referred back to the care of your GP. A letter will be sent to you with a copy to your GP stating there is no abnormal pathology.

Occasionally you may be recalled for a repeat biopsy or for treatment of minor abnormal changes to the cells lining your womb. Should the biopsy result confirm more serious abnormalities, you will be offered an appointment in the Outpatients department to discuss future management.

We hope this information is of help to you.

Who to contact if there are problems

North Cumbria University Hospitals

Cumberland Infirmary, Newtown Road, Carlisle, CA2 7HY

Telephone: 01228 814264 Monday-Friday 8.30-18.00

West Cumberland Hospital,

Homewood Road, Whitehaven, CA28 8JG

Telephone: Monday-Friday 9am-5pm 01946 523211

Out of hours please attend your local accident and emergency department.

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Subject Access Coordinators
SACCIC@ncuh.nhs.uk or SACWCH@ncuh.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email PALSCIC@ncuh.nhs.uk.

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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