



Hysteroscopy

Information for inpatients

A hysteroscopy, also called a 'hysteroscopy, dilatation and curettage' is a procedure that lets your gynaecologist look inside your uterus (womb). We use it to find out if you have a health condition or decide what treatment you may need.

We want to do a hysteroscopy for you as an inpatient procedure while you are asleep under a general anaesthetic.

In most cases, this is a day procedure, and you won't need to stay in hospital overnight.

When might you need a hysteroscopy?

You might need a hysteroscopy to help us find what is causing:

- infertility
- heavy or irregular periods
- bleeding after menopause
- miscarriages
- an intrauterine device (IUD) to get stuck.

We call this a diagnostic hysteroscopy. A diagnostic hysteroscopy takes a few minutes.

You might need a hysteroscopy so we can:

- remove fibroids or polyps
- remove your IUD.

We call this a treatment hysteroscopy. A treatment hysteroscopy might take a bit longer than 10 minutes.

How to get ready for a hysteroscopy

It does not matter if you have your period when you have a hysteroscopy.

You cannot have a hysteroscopy if there is any chance you might be pregnant.

When you come to your appointment, a doctor will explain what is going to happen. You can ask any questions.

What happens when you have a hysteroscopy?

We use a hysteroscope to look inside your uterus. A hysteroscope is like a thin telescope with a camera on the end.

When you have a hysteroscopy the hysteroscope will be inserted through your vagina into your uterus.

The hysteroscope will show us pictures of what it looks like inside your uterus.

If we need a sample for testing, we will:

- insert a speculum into your vagina
- use an instrument to take a sample from the lining of your uterus
- send the sample to pathology.

Sometimes you may need to have some medicine when you get to the hospital to soften your cervix. This helps us insert the hysteroscope more easily.

After your hysteroscopy

The doctor will explain what they found. You can ask them any questions you may have.

You might need to wait a few weeks for test results if we took a sample.

We will tell you if you need other appointments:

- with your doctor or GP for results
- at the Gynaecology Clinics at the Women's for more treatment or tests.

We will make the appointment for you if you need to come back to the Gynaecology Clinic.

You can go home when you've:

- been monitored in recovery
- eaten a light meal
- emptied your bladder (done a wee)
- talked with your doctor.

Are there risks when you have a hysteroscopy?

There are some small risks when you have a hysteroscopy. Some people might have:

- bleeding
- perforation or a hole in the wall of your uterus
- an infection.

We will help you with any complications.

What symptoms might you have after a hysteroscopy?

Most people only get mild cramps after they have a hysteroscopy.

You might have some other symptoms:

- feeling faint
- cramps like period pain
- bleeding
- nausea
- tiredness
- muscle pain
- pain in your shoulder.

After you go home

After your hysteroscopy, you need a responsible adult to take you home and stay with you for 24 hours.

For the first 24 hours, make sure you:

- rest
- avoid heavy lifting, housework and cooking
- move carefully because it's normal to feel light-headed after anaesthetic and pain medicine
- do not drive
- do not drink alcohol
- do not sign legal documents
- do not use machinery or electrical appliances, because they can cause injury.

You can go back to your usual physical activity:

- after any bleeding has stopped
- when you feel well enough.

You can go back to your usual sexual activity after 2 weeks.

If you need medical help

If you are worried about your symptoms, you can:

- talk to your doctor
- go to your nearest Emergency Department.

If it is an emergency, call Triple zero (000).

Do you need an interpreter?



You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

1800respect.org.au

For more information

Gynaecology Clinics at the Women's

(03) 8345 3033

thewomens.org.au

Nurse on Call

You can call Nurse on call for general advice and information.

You can call any time of night and day.

1300 60 60 24

Disclaimer: This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.

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