



# Hysteroscopy

## Information for outpatients

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**A hysteroscopy 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 outpatient as an awake procedure. This means you will come in for your appointment and go home the same day. You will be awake during the procedure.

### 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.

On the day of your hysteroscopy, we recommend you take some pain relief. Take paracetamol or ibuprofen about half an hour before your appointment.

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 through your vagina
- give you a local anaesthetic, with a spray or injection
- use a swab to take a sample from the lining of your uterus
- send the sample to pathology.

You will be awake for the hysteroscopy. If you like, you can watch what is happening.

Sometimes it might be difficult to get the hysteroscope into your uterus. If this happens, we will book another appointment to try again with sedation or a general anaesthetic.

### 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 after the doctor has talked to you and you feel ready to leave.

### 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

You don't need someone to take you home after your hysteroscopy, but you can bring someone with you if you like.

If we think you need someone to take you home, we will call them on the day of your procedure.

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 have 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](http://1800respect.org.au)

### For more information

#### Gynaecology Clinics at the Women's

(03) 8345 3033

[thewomens.org.au](http://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

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