Outpatient Hysteroscopy

Take home messages
- Outpatient hysteroscopy is an awake procedure
- It is a simple assessment of the womb cavity
- You must be able to tolerate a smear
- Allow 2 hours for your visit
- Take simple painkillers 1 hour before the procedure
- Eat and drink normally beforehand
- A local anaesthetic cervical block may be used
- Bleeding may occur for a few days afterwards
- Results will be done as a telephone appointment

Contact information
Outpatient Hysteroscopy Clinic
Lower Ground Floor, Gate 2
Chelsea and Westminster Hospital
369 Fulham Road
London
SW10 9NH

Clinic: 020 3315 5076 (answerphone only)
Out of Hours: please use the out of hours service or A&E.

If you need to re-schedule your appointment please ring 020 3315 5076 and leave a message at least 24 hours before your appointment.

If you any have questions before or after you leave remember any member of the team will be happy to discuss these with you – do ask us.

The service is managed by:
Mr R E Richardson MBBS MRCOG
Lead Consultant Gynaecologist
Mr A Raza FRCOG
Consultant Gynaecologist
&
A Clinical Nurse Specialists

Patient Advice & Liaison Service (PALS)
If you require information, support or advice about our services, you can contact the PALS office on the Ground Floor of the hospital just behind the main reception.

T: 020 3315 6727
E: pals@chelwest.nhs.uk
Chelsea and Westminster Hospital
369 Fulham Road
London
SW10 9NH
T: 020 3315 8000

The RCOG information leaflet will provide more info

Revised
September 12 2019
**What is a hysteroscopy?**
A hysteroscopy is a procedure used to look into the womb. This is done with a hysteroscope, which is a thin telescope with a camera at the end.

**Do I need an ultrasound scan?**
You may already have had an ultrasound scan of your womb and your healthcare practitioner has advised that a hysteroscopy is indicated. This scan will be repeated when you attend for your hysteroscopy.

**Why is a hysteroscopy recommended?**
A hysteroscopy has been recommended because you may be experiencing one of the following problems:
- Heavy, painful or irregular periods
- Bleeding between your periods
- Bleeding after the menopause
- Problems with fertility
- An enlarged womb/ fibroids in the womb
- Polyps in the womb

Or you may have been recommended for
- Assessment of the womb
- Insertion / removal of a coil
- Sterilization

**What happens if I cannot have smear or find them intolerable?**
If you cannot tolerate a cervical smear then an outpatient (awake) hysteroscopy should not be recommended. Please discuss this with our healthcare practitioner as a general anaesthetic may be more appropriate.

**What will happen when I attend?**
You will be seen by the Specialist Nurse or Doctor.
- You will be asked about the problem which led to this appointment.
- Written, informed consent will be taken for this procedure or confirmed, if previously done

**What if I am bleeding on the day of the hysteroscopy?**
Please still attend your appointment even if you are bleeding or having a period so we can assess you as we may still be able to do the procedure.

**Preparation for Hysteroscopy**
The procedure is performed as an outpatient appointment. Allow a couple of hours to be in the hospital and you are advised not to return to work afterwards. You may bring a friend or family member for support.

An outpatient hysteroscopy is performed while you are awake and does not require a general anaesthetic. You are advised to;
- Eat a light meal before your appointment.
- Take simple painkillers, such as Paracetamol and Ibuprofen, 1 hour before your appointment (if not allergic/intolerant).

**How is a Hysteroscopy performed?**
During the procedure, you lie on your back on a special couch with your legs supported by stirrups. This is similar position to having a smear test. About 1 in 3 women will have a local anaesthetic to the cervix (neck of the womb).

A thin telescope (hysteroscope) is inserted through the cervix via the vagina. The hysteroscope is used to view the whole cavity. This allows the clinician to effectively assess what might be causing your problem. The images are shown on a screen and you may watch the procedure, if you wish.

**Is a hysteroscopy painful?**
A hysteroscopy can cause abdominal pain or discomfort similar to period pains. The simple painkillers you have been advised to take and local anaesthetic should make the procedure more tolerable. If the pain experience is severe the procedure is usually stopped and a general anaesthesia arranged.

**After the Hysteroscopy**
After the examination, if you need to rest, a recovery area is available until you are ready to go home. You may feel a little sick or have some period type pains but these are usually for a short while.

It is usual to have some light bleeding for a few days after your hysteroscopy and this may require the use of sanitary pads.

You will not receive any drugs that affect driving, operating machinery or drinking alcohol.

**Results of the Hysteroscopy**
Following the hysteroscopy a member of the team will discuss the findings and implications with you.

**Follow up appointments**
Results are usually discussed in a telephone follow-up and sent in writing you and your GP. If necessary, a clinic appointment will be arranged.