

Menopause & PMS

This leaflet has been written by staff working in the Menopause & PMS service at Chelsea and Westminster Hospital for clinics at Chelsea and Westminster Hospital and West Middlesex Hospital.

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 discussed at a follow-up appointment

Contact information

Outpatient Hysteroscopy clinic
Lift Bank C

Clinic: 020 3315 5076

Gynaecology Outpatients Department
Chelsea and Westminster Hospital
369 Fulham Road
London
SW10 9NH

If you need to re-schedule your appointment please ring the appointments office on 020 3315 6666.

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.

If you require emergency advice after your appointment phone 020 3315 5076

Out of Hours: please use the out of hours service or A&E.

The service is managed by:

Mr R E Richardson MBBS MRCOG
Lead Consultant Gynaecologist

Mr A Raza FRCOG
Consultant Gynaecologist

Ms Anna-Dine Atkinson
Ms Morranna Grant
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.

Alternatively, you can feedback your comments or suggestions on one of our comment cards, available at the PALS office, or on a feedback form on our website www.chelwest.nhs.uk/pals. We value your opinion and invite you to provide us with feedback.

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September 2017

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Speak to your clinician

Outpatient hysteroscopy

Information for patients

Name:

PID:

Time:

Date:

You have an appointment to attend the Outpatient hysteroscopy clinic at Chelsea and Westminster Hospital

**Lower Ground
Floor Outpatient Department, GATE 2**



Chelsea and Westminster Hospital

NHS Foundation Trust

Outpatient awake hysteroscopy

What is a hysteroscopy?

A hysteroscopy literally means to look into the womb. This is done with a hysteroscopy, which is a camera.

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
- Polyps in the womb

or you may have been recommended for

- Assessment of the womb
- Insertion / removal of a coil
- Sterilization

I cannot have smear or find them intolerable

If you cannot tolerate a cervical smear then an awake hysteroscopy should not be recommended. Please discuss this with our healthcare practitioner as a general anaesthetic may be advised.

What will happen when I attend?

You will be seen by a doctor in a gynaecology clinic or by the Specialist Nurse.

- You will be asked about the problem which led to this appointment.

- An ultrasound scan will be performed which will confirm whether you need a hysteroscopy.
- Written informed consent will be taken for this procedure

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.

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.

What to expect during the procedure

An outpatient hysteroscopy is performed awake and does not require a general anaesthetic. You are advised to;

- Take simple painkillers, such as Paracetamol or Ibuprofen, 1 hour before your appointment.
- Eat a light meal before your appointment.

How is a Hysteroscopy performed?

You will be lying on a special couch and your legs supported in stirrups. This is similar to having a smear.

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 neck of the womb (cervix) via the vagina. The hysteroscope can view the whole cavity with images relayed to a TV screen. This allows the clinician to effectively assess what might be causing your problem.

A small biopsy (sample of the womb lining) will be taken to further investigation under the microscope. If one or polyps are seen, these may also be removed (polypectomy).

If you wish, you can watch the procedure on the screen as it usually lasts 15-20 minutes.

Is a hysteroscopy painful?

A hysteroscopy can cause abdominal pain or discomfort similar to a period pain. The simple painkillers advised and local anaesthetic should make the procedure more tolerable.

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 that are usually for a short while.

It is usual to have some light bleeding after the procedure, for up to 3 days, that may require you to wear a sanitary protection.

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 at a telephone follow-up and sent in a letter to your GP. If necessary and clinic appointment will be arranged.