

Gynaecology Suites

Out-patient Hysteroscopy Clinic (OPHC)

You have been referred to the OPHC for assessment of your womb and treatment if necessary and appropriate.

What is a hysteroscopy?

A Hysteroscopy is the examination of the inside of the womb (uterus) using a telescope or endoscope where we may take a small sample of tissue (biopsy) from the lining of your womb to help us with diagnosis and management of your symptoms.

Depending on the findings today, we may be able to proceed with treatment under local anaesthesia.

Why should I have this procedure?

Hysteroscopy is a reliable procedure that can identify abnormalities inside the womb. This test will help to provide reassurance and provide further information to us in order to manage your symptoms appropriately. This can be done under local anaesthetic thereby avoiding the risks of a general anaesthetic.

The reasons for this test include:

- Investigate symptoms such as postmenopausal bleeding, heavy periods, abnormal vaginal bleeding, difficulty in getting pregnant or having repeated miscarriages

Diagnose and treat suspected polyps (growths in the lining of the womb or neck of womb) or fibroids (non-cancerous growth in the muscle layer of



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the womb/lining of the womb)

- Treat other problems like removing a 'missing coil'/adhesions or scar tissue inside the womb

In our unit, we use a special instrument to perform treatment procedures (as listed above) which is usually a morcellation device. It is passed into the womb and it cuts away the polyp/fibroid/scar tissue and the tissue samples are sent to the laboratory for histological diagnosis. Sometimes it is necessary to use an operative hysteroscope with scissors and graspers to perform the appropriate procedure.

We strongly advise you to take paracetamol and ibuprofen (if you are able to take this) an hour before your appointment as you may experience cramping and/or abdominal discomfort during the procedure.

What are the risks involved with this procedure in the clinic?

Overall, this is a safe and routine procedure. There are risks of infection, bleeding and pain/discomfort with the procedure. There is a small risk of damage to the womb (less than 1 %). This is very unlikely, but if this does occur, it may require admission to the ward and further treatment under general anaesthetic.

Points to remember:

- Please contact us on 024 7696 7222 if you are suffering from excessive vaginal bleeding around the time of your appointment as we may need to reschedule the procedure. This is to ensure we are able to obtain satisfactory views of the cavity of the womb. We will advise you as necessary.
- It is important that there is no possibility of pregnancy when the procedure is performed. Please use effective contraception and avoid unprotected sexual intercourse for a week prior to your appointment (if you are within the reproductive age group).

Where do I attend?

Ward 23 Gynae Suites. Ward 23 is on the 2nd floor in the central part of University Hospital Coventry and Warwickshire (UHCW). Enter the hospital through the main entrance then turn left at the shops which face you as you enter and the lifts are on the on the right. Go to the 2nd floor and Ward 23 is on the right about 100 metres after you come out of the lift. There is a reception area on ward 23 and the nurses will be expecting you.

Car parking can be difficult so please allow plenty of time to find a space.

You may bring someone with you or you can be dropped off and collected after the procedure.

Can I eat and drink prior to my appointment?

You can eat and drink normally before your appointment.

What do I need to bring with me?

A list of current medications.

What happens during the procedure?

You will be asked to remove your lower garments or change into a gown (if necessary). You will then be taken into a room where you will lie on a special examination couch. A trained doctor will perform the procedure.

During the procedure, which takes about five to ten minutes, you may experience cramping and/or abdominal discomfort. Please inform your nurse if this occurs so that you can be given further pain relief.

General points to remember about your medication:

- If you take regular medicine, do not stop it suddenly without medical advice.
- It is important to take your tablets regularly.

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- Painkillers are usually better at preventing pain, and not so good at dealing with severe pain. If you experience some troublesome pain, it is better to take painkillers sooner than to wait until the pain is really bad.
- Follow the directions given to you by the healthcare professional or directed in the information leaflet supplied with the medication.
- Do not take double doses if you forget to take your medication, take your normal dose when this is due
- If side effects are a problem, contact your doctor as soon as possible.
- Always let the pharmacist know what prescribed drugs you are taking if you buy anything over the counter.

Vaginal bleeding

You should expect some vaginal bleeding. This should not be heavier than a normal period. The bleeding may last longer than a normal period as it takes some time for the lining of the womb to heal. If it continues for more than three weeks contact your GP for advice.

Vaginal discharge

It is normal to have a clear, watery healing discharge that can last for a couple of weeks. If this becomes offensive smelling or its appearance alters, please contact your GP. To reduce the risk of this occurring we may prescribe suitable antibiotics, depending on the procedure. Please ensure that you complete the course. Should you experience any side effects, stop the antibiotics immediately and seek medical advice.

Returning to work

You should be able to resume work the next day. We will be able to provide a sickness notification if leave is recommended. This will depend on the treatment provided on the day.

Further hospital visits

We will inform you about the initial findings on the day of the test. If samples have been taken we will arrange communication of your results during your appointment. If you have had a treatment procedure, the nurses from our unit will phone you in the next few days to check all is well.

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When you get home

If you have:

- excessive vaginal bleeding or greenish vaginal discharge
- abdominal pain that is not controlled with pain killers
- high temperature (fever) of 38 degrees or above
- severe nausea or vomiting
- very fast heart rate, shortness of breath or dizziness
- poor urine output

Please seek advice from Ward 23 Tel: 024 7696 7000 or see your GP.

Advice is available 24 hours a day.

If you have any further concerns or queries, please contact us on 024 7696 7222 Monday to Friday 8.00am to 5.00pm or leave a message on the answering machine and we will call you back.

The trust has access to interpreting and translation services. If you need this Information in another language or format, please contact us on 024 7696 7222 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.



Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback

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