

You may experience heavy bleeding after the procedure. If it heavier than a normal period then please call 01727823111 or your GP or 111 if out of hours.

You will be able to carry out normal activities when you are at home but should avoid sexual intercourse, using tampons and swimming for 1 week after the procedure.

### **When do I know the Result?**

Immediately after the examination, the doctor will explain the findings in full. If a sample has been taken at the time, it will be 2-3weeks before the result is available. Either written confirmation of the result will be sent to your GP or a follow up visit to the clinic will be arranged before you leave.

### **What to do in an emergency?**

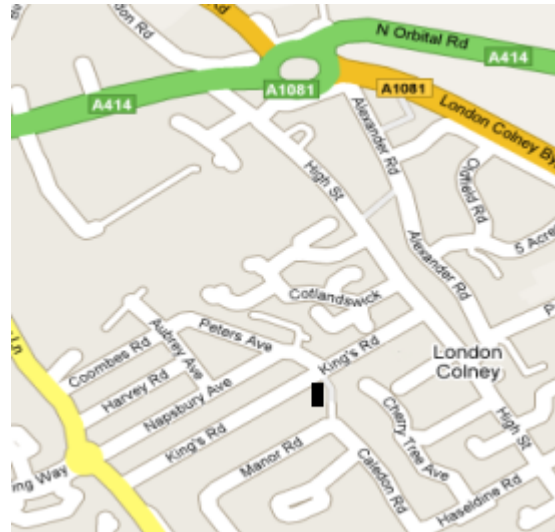
In the unlikely event that you experience any heavy bleeding, severe pain or a temperature of 38<sup>0</sup>C or higher, you should contact the clinic on 01727 823111. If the clinic is not open, you should contact your own GP surgery or if out of hours, contact 111.

If you are not able to make the appointment please let us know well in advance to allow us to offer the date to someone else.

## CLINIC LOCATION

**Colney Medical Centre**  
**45-47 Kings Road**  
**London Colney**  
**St. Albans, Herts AL2 1ES**  
**Tel: 01727 823 111 or 07598 878 286**

We are easily accessible *by car*:  
Turn off the High Street in London Colney directly onto Kings Road



### *Or by Bus:*

The number 84 bus goes from St. Peters Street, St. Albans City Centre (bus stop 2) every 20 minutes to the High Street, London Colney and then a 5 mins walk to the surgery , or the number 602 bus from St. Peters Street stops directly in front of Colney Medical Centre

# Community Gynaecology Service

PRIMARY CARE

HYSTEROSCOPY

Please Read before  
your procedure

## What is a Hysteroscopy?

Hysteroscopy is a technique that allows a doctor to look directly into the womb with a thin telescope. It is passed gently through the cervix and attached to a camera so that a clear view of the inside of the womb is seen. You can also watch on the screen. A small biopsy can be taken if needed and small polyps or even lost coils can be removed. We use state-of-the-art ultra-thin hysteroscopes which are much thinner than before and so most patients nowadays do not require a hospital admission for a general anaesthetic. If you prefer to be asleep for the procedure, please discuss this with the doctor

## Why do I need a hysteroscopy?

To investigate the cause of the following problems you may have:

- Heavy or irregular bleeding that has not got better with tablets from your doctor
- Bleeding in-between periods
- Bleeding more than 1 year after your last period
- Irregular bleeding whilst you are taking Hormone Replacement Therapy (HRT)
- Infertility or recurrent miscarriages
- To retrieve a lost coil

## Possible risks of an outpatient hysteroscopy

- **Pain:** You may experience some period-like discomfort which will be helped by the painkillers you have already been advised to take beforehand. If needed some local anaesthetic can be used in the cervix and a few patients use gas and air. You can ask us to stop at any stage.
- **Vaginal bleeding and discharge:** you may experience some bleeding or discharge after the procedure

- **Infection:** you may develop an infection in your womb or vagina after the procedure. This occurs in 1-10 out of 100 women.
- **Damaging of the uterus:** There is a risk of making a small hole in the uterus with the telescope. This occurs in less than 1 in 100 women who have the procedure but could cause bleeding which may need treatment
- **Not being able to complete the procedure:** In less than 1 out of 100 women the procedure cannot be completed because the hysteroscope cannot get into your womb. In this case, you may be advised to have a hysteroscopy in hospital under general anaesthetic
- **Damage to nearby structures:** There is a risk that your bladder, bowel or major blood vessels could become damaged during the procedure. This occurs in less than 1 out of 1000 women.
- **Infertility:** in less than 1 out of 1000 women the procedure can cause damage that leads to infertility

## What should you expect?

You should take some simple painkillers such as ibuprofen 400mg tablet 1 hour beforehand unless you are unable to take anti-inflammatory medication for example if you have stomach ulcer or are asthmatic. In this case, we advise you to take paracetamol 2x500mg tablets. If you are uncertain, please telephone the clinic so that we can advise you.

If you think you will be on a period and bleeding heavily then it is difficult to get a clear picture of the womb. We would ask that you discuss this with the clinic as soon as possible as you may need to re-schedule the date.

It is essential that you avoid sexual intercourse in that cycle or use contraception. If there is any chance of being pregnant, the procedure will not go ahead. You will also be required to have a pregnancy test on the day of your procedure.

When you arrive you will be asked to fill out a consent form which will be further explained and signed by the clinician doing the procedure.

You should anticipate being at the clinic for about an hour in total.

## Procedure:

- Once you have undressed from the waist down you will be asked to lie on a couch with your legs rested on supports either side of the couch. The couch will then be raised into position.
- An instrument called a speculum may be inserted into your vagina. This allows the consultant to have a clear view of your cervix (neck of the womb).
- Local anaesthetic may be needed if the neck of the womb is very narrow and needs to be dilated.
- A very fine telescope will be inserted into your womb through your vagina and cervix. A water like solution is used during the procedure to help with the passage of the telescope so you will experience a wet feeling. Water is used to give us a clear picture and you may feel this trickling out during the test.
- A biopsy/sample may be taken during the procedure.
- The procedure itself should take about 5-10mins. If any minor procedures need to be done then this may take a little longer.

## What happens next?

You can relax in the clinic with a cup of tea if you wish and can then go home. Some patients prefer to have someone with them to take them home but this is not essential. You may experience some period-like pain for 24hrs afterwards but some simple painkillers will help.