



Professional Care with a Personal Touch

Hysteroscopy Procedure

Date of Procedure: _____

Arrival Time: _____

Physician: _____

Hysteroscopy Procedure

A Hysteroscopy procedure shows the direct visualization of the uterine cavity with lighting and magnification through a long, pencil sized telescope. It aids in diagnosing abnormal uterine bleeding and/or uterine problems.

Procedure:

The procedure usually takes less than 30 minutes. You will be lying on your back with your knees bent and heels in stirrups as you would for a pelvic examination. After placing a speculum in the vagina, the cervix is cleaned and a local anesthetic is injected into the cervix. A hysteroscope is inserted through the vagina into the cervix. After the correct placement of the scope, your doctor will be able to see the lining of the uterus.

Postoperative care: You will need to arrive at least 15 minutes prior to procedure time. No dietary restrictions other than a full stomach is not recommended. No further instructions are needed prior to your procedure.

Postoperative care:

Light spotting and staining is expected for roughly 10 to 14 days after surgery. Use a sanitary pad during this time. DO NOT use tampons. If you experience heavy bleeding with large clots, call SWHC. You may also experience a dark colored discharge for several days. The dark discharge is from the medicines and/or

solutions that were applied to your cervix to help in the healing process.

We do recommend that someone drives you home after the procedure.

Pain:

After a Hysteroscopy procedure patients may experience some discomfort such as cramping and/or pain. This is normal. Your doctor may recommend non steroidal anti-inflammatory drugs (NSAID's) such as Ibuprofen to manage your pain.

Activity:

Patients usually return to their normal activity within a day or two. Refrain from vigorous physical activity for 7-10 days after your procedure. This includes heavy lifting and aerobic exercising. Introduce nothing into the vagina (no sex, no douching, and no tampons) until after your follow up examination, which is roughly four weeks.

Follow-up Appointment at SWHC:

Date/Time: _____

Notify Shenandoah Women's HealthCare at 1-877-438-1314 if any of the following occur:

- You have a fever greater than 101 degrees.
- You have severe pain or cramping.
- You have heavy vaginal bleeding

