

Inpatient Hysteroscopy with a General Anaesthetic (Day Case) (Looking at the inside of the womb)

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اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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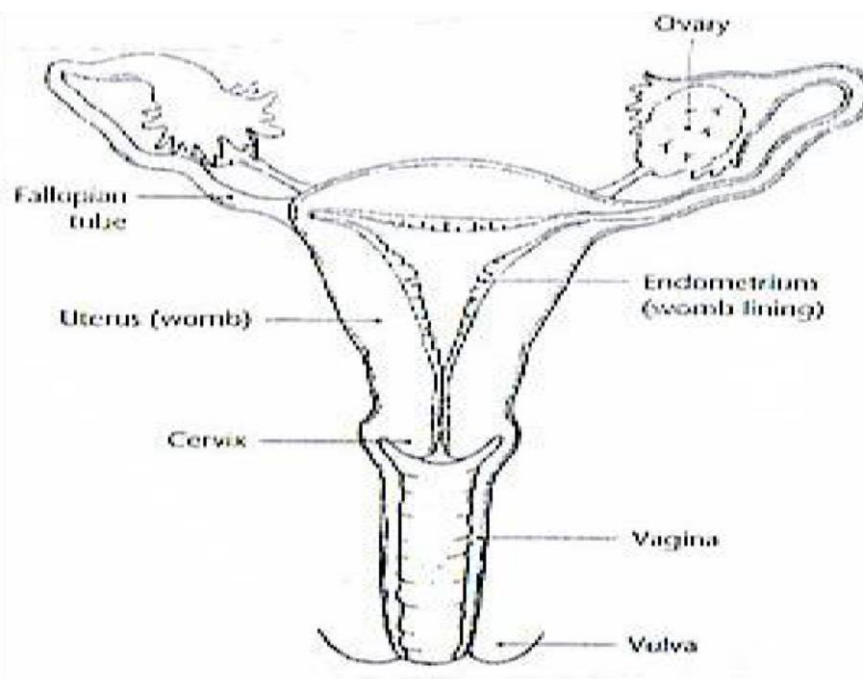
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The nature of the procedure

Hysteroscopy is a procedure carried out to look at the inside of the womb. A hysteroscope is a thin, telescope-like instrument which is attached to a light source and TV screen. This provides a view to examine your womb lining.

Reasons for the procedure include:

- Heavy or irregular bleeding
- Bleeding in between periods
- Bleeding after your menopause
- Irregular bleeding whilst you are taking Hormone Replacement Therapy (HRT)
- If you are thinking about having an operation to make your periods less heavy (endometrial ablation)
- To treat conditions such as fibroids or polyps (non-cancerous growths in the womb)
- It may be performed if you are having fertility issues/recurrent miscarriages
- Retrieval of a lost birth control coil.



Benefits of the procedure

This procedure will enable the surgeon to view the womb lining without the need for a cut to the abdomen; they will then assess if the womb lining looks normal.

It is also possible to remove polyps and take samples of the lining of the womb during this procedure.

How long will it take?

- Your visit will be longer than it would be for an outpatient procedure
- You will be admitted to a bed on the Gynaecology Ward 3E
- You will be seen by the surgeon and the anaesthetist before going to theatre
- There will be a recovery period following the procedure. All together you could be in hospital **up to 8 hours** in total.

The risks of the procedure

A hysteroscopy is a very safe procedure which is performed very frequently, but like any procedure there is a small risk of complications. Some of the main risks are:

- Accidental damage to the womb (making a hole in the wall of the womb) – this is very rare but may require treatment with antibiotics or a further procedure to repair the womb which would be done whilst you are under anaesthetic. This may result in a longer stay in hospital for close observation.
- Infection of the womb – this can cause a smelly discharge, abdominal discomfort and a temperature but can usually be treated with a short course of antibiotics. **If you have any of these symptoms, seek advice from your GP.**
- Feeling faint – the procedure will be stopped if this happens, to allow you to recover.
- An extremely rare complication is weakening of the fibres and muscles of the neck of the womb (cervix). If this does happen it can increase the risk of late miscarriage.

It is important to note that there is a small possibility that the surgery cannot be completed. This depends on findings at the time of surgery.

Discomforts of the procedure

You and the doctor have agreed to have the procedure done under a general anaesthetic to be able to have a clearer look without causing you discomfort. This will be performed as a day case, and the procedure lasts approximately **20-30 minutes**. (Although many patients are able to have this procedure carried out in clinic, it is not suitable for all patients to have it done as an outpatient without anaesthetic.)

What treatment options are available to me?

Polypectomy (Removal of polyps)

Polyps are small fragile growths that can occur in many places, and it may be possible to remove these in the clinic. If polyps are found to be the cause of your bleeding, you will be advised to have them removed. The procedure of removing polyps is called polypectomy and this can often be performed in the clinic, preventing the need for further surgery. Sometimes if the polyp is too large the doctor will recommend an operation using a general anaesthetic to remove it.

Polyps can be found:

- On the surface of the cervix/womb (cervical polyp)
- On the lining of the womb (endometrial polyp)

Polyps can be left alone, although it is usually advisable to remove them as there is a very small chance they can become malignant (cancerous).

Mirena IUS for heavy periods

The Mirena IUS (Intra Uterine System) is a hormone releasing system placed in your uterus and contains a hormone called levonorgestrel. It is a safe, well tolerated and effective treatment for heavy periods. It also provides reliable contraception if required.

During the first **3 to 6 months** of use, your monthly period may become irregular, and you may have frequent spotting or light bleeding. After your body adjusts, the number of bleeding days is likely to decrease, and you might even find that your periods stop altogether.

You must have the Mirena removed after 5 years, but your doctor can insert a new one during the same visit if you choose to continue using Mirena.

Once the Mirena is in place, you will not be able to feel it in your womb. It is a good idea to take some pain killers a couple of hours before the fitting to help reduce any pain and discomfort. A good choice is Ibuprofen 400 mg which can be bought over the counter at your chemist or local supermarket. Most women do not find the fitting procedure very uncomfortable – usually less than expected.

Consequences of not having the procedure

We will not be able to determine the cause of your abnormal bleeding, and we may not be able to offer treatment to prevent your symptoms continuing or worsening.

What happens following hysteroscopy?

Sometimes small samples or biopsies are taken; you will be told if this is the case. These will be sent to the laboratory for examination. You will be advised of the results as soon as they are available. If the doctor thinks you require medication, he/she will prescribe this for you before you leave.

If it is necessary to carry out any further surgery or investigations the doctor will advise you of this before discharging you. On discharge you are advised to rest for **2-3 days**.

You may have some bleeding, though this should be minimal. Pain is usually mild and simple pain killing tablets such as Paracetamol or Ibuprofen are effective in most cases.

When the procedure is completed

You should **not** drive yourself home.
It is important to arrange for someone to collect you.

How do I get the results?

If small samples or biopsies are taken, you and your GP will be advised of the results by letter as soon as they are available. You may be offered a **telephone clinic appointment** to speak to a Nurse Specialist if this is suitable for you. If necessary, a clinic appointment will be arranged for you to speak to a doctor.

Retained tissue

Any tissue taken at the time of your operation will be sent for examination to the laboratory and your consultant will be informed of the result. Following investigation, the tissue will be disposed of in accordance with health and safety. With your permission this may be useful for research or teaching purposes.

The alternatives to the procedure

This depends on the reasons for having this investigation. Other possible investigations may be an ultrasound scan or surgery to view the pelvis. The doctor will be happy to discuss any alternative investigations or treatments if they apply to you.

Important Notices

If you are unable to attend for your appointment, please telephone in advance so that your appointment can be given to someone else

01744 646894

If you are bleeding heavily on the day of your appointment for your procedure or need any other advice, please telephone Ward 3E

0151 430 1522

If you have any urgent problems outside of clinic hours, please contact Ward 3E

0151 430 1522

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