

## HAVING A HYSTEROSCOPY AS AN INPATIENT A GUIDE TO THE PROCEDURE

### **What is a hysteroscopy?**

Hysteroscopy is quite a new technique which, as a result of fibreoptic technology, allows a doctor to look into the cavity of the womb. The hysteroscope is a thin telescope which is passed through the cervix (neck of the womb), allowing a clear view of the cavity of the womb. The telescope can detect polyps, which can then be removed, will show if the cavity is distorted in any way, and allow biopsies to be taken from any area of concern on the lining of the womb.

Hysteroscopy also allows removal of large polyps and fibroids.

### **Before your admission**

You should not eat or drink anything for six hours before the operation except for a glass of water up to two hours before admission and water to swallow medication.

### **What will happen during your admission?**

This procedure is carried out as a “day case”, meaning that you will be admitted to hospital in the early morning, but would expect to go home at lunch time. Soon after you are admitted, Mr Hackett will visit you and explain the procedure to you and ask you to sign a consent form.

The Anaesthetist will also visit you, to ask particularly if you have any allergies or previous reactions to drugs, or have any past or current history of illness which could affect the safety of the anaesthetic.

If you have any questions for Mr Hackett or the Anaesthetist, please do not hesitate to ask. It is often helpful, if you have thought of questions beforehand, to write them down so that you do not forget to ask them with the understandable anxiety of being admitted to hospital.

The nurse from the ward will then accompany you to the operating theatre, and later return with you to the ward.

In the early afternoon, Mr Hackett will visit you and explain the findings in theatre. Often there will be a picture taken during the procedure which will help with that explanation.

At that time Mr Hackett will decide with you whether any further medical or surgical treatment is necessary and the timing of a further appointment, if that is necessary. If these plans are more detailed than average, Mr Hackett may arrange to see you in the clinic after a week or two to discuss things further.

The results of any biopsies taken during the hysteroscopy will not normally be available for seven days or so, but Mr Hackett will write to you personally with this result.

## **Risks of the Procedure**

- Failure to complete the procedure at intended
- Damage to the cervix or body of the womb during surgery. This will usually involve a stitch to the cervix or if there is concern about damage to the womb a laparoscopy (telescope through the umbilicus) may be needed and a more involved operation to report the damage
- Infection
- Increased bleeding

## **Going Home**

When both yourself and the nursing staff are happy that you have fully recovered from the anaesthetic, you will be able to go home. It is important that a relative or friend is available to take you home as you will not be able to drive for 24 hours after an anaesthetic. Likewise you should not operate any machinery (and that includes a cooker!) or drink alcohol for the 24 hours following an anaesthetic.

After the procedure you may notice a slight cramping, period like pain in the abdomen and a slight blood loss. Both these symptoms should settle in the 24 hours after the examination. However, if you notice increasing or continuing pain, or heavier than expected vaginal bleeding you should contact Mr Hackett directly through the numbers listed below.

If you have any further questions or concerns once you reach home which you would like to discuss with Mr Hackett, please do not hesitate to contact us as often a simple and reassuring explanation can be given, which avoids continuing worry.

## **Contact numbers :**

The Nuffield Hospital Cambridge	01223 303336 (ask for Ward Sister)
The Spire Cambridge Lea Hospital	01223 237474 (ask for Ward Sister)
Mr Hackett's Appointments and Secretary (Sam Elliott)	01223 517676 (+ voice mail out of regular office hours)
Mr Hackett's office Fax	01223 509870