

## **OUTPATIENT HYSTEROSCOPY**

### **A GUIDE TO THE PROCEDURE**

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

Hysteroscopy is quite a new technique which, as a result of fiberoptic 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 or uterus), allowing a clear view of the cavity inside. If any abnormality is detected the most appropriate treatment can then be planned. If no problem is detected alternative treatments can be offered to control abnormal bleeding with the confidence that there is no underlying problem gone undetected.

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

When you arrive at the outpatients, you will meet Mr Hackett once more and he will explain the procedure to you and answer any further questions you might have. He will ask you to sign a consent form giving permission to carry out the investigation.

A nurse will take you to change into a light gown and then will bring you to the examination suite and will stay with you during the procedure. You will be asked to lie on a couch, resting your legs on two knee supports and the doctor will carry out a speculum examination (as would happen when you undergo a smear test). A warm antiseptic solution is used to clean the surface of the cervix. The hysteroscope, which is a very fine telescope, is then passed gently into the womb. You might experience some crampy period type pain, which will soon pass.

The images are shown on a video screen and you will be able to see this screen yourself, if you would find that helpful.

The examination will take five minutes at most, but the telescope is in place for a couple of minutes only. Mr Hackett will then usually take a biopsy, that is a sample of tissue from the lining of the womb. This can cause momentary discomfort.

After the examination, and having changed back into your own clothes, we would ask you to sit in our private lounge for a few moments with a cup of tea or soft drink whilst your notes are completed. Mr Hackett will then discuss with you the results of the examination and any further steps, which might be taken in terms of either diagnosis or treatment. You should feel well enough to walk, or even drive home, although most patients prefer to be accompanied by a relative or friend who can drive for them. The whole visit will last 30 minutes.

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

## **Going home**

It would be best to rest for the remainder of the day, during which time you may experience some spotting of fresh blood and this will require you to wear a pad. It is possible that bleeding will continue for a day or so, but should steadily settle. If there is any crampy period-like pain, that should quickly settle but you might take a mild pain-killer such as Nurofen or Paracetamol.

If you have any concerns after you return home, such as increasing or continuing pain or heavier than expected vaginal bleeding, you should contact Mr Hackett directly through the numbers listed below.

Further, if you have any questions or concerns once you reach home that 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	01223 303336 (ask for Ward Sister)
The BUPA 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