

Hysteroscopy Instructions

Hysteroscopy is an invasive method used to examine the inside of the womb (uterus). There are two types of Hysteroscopy, the Diagnostic Hysteroscopy and Invasive Hysteroscopy. The diagnostic method is performed with the use of a special telescope 3mm (hysteroscope), which is inserted into the endometrium through the vagina and the cervix. The method is tolerated enough and can be done without anesthesia or with slight sedation. However, the invasive method is different, it is applied either with local anesthesia or sedation and it is performed with the help of a telescope (5 or 10 mm). During the process of Hysteroscopy, the endometrium is examined with greater reliability compared to any other method (transvaginal ultrasound, CT scan).

When Hysteroscopy may be needed

The method of Hysteroscopy can be used to:

- investigate symptoms or problems (unusual vaginal bleeding, pelvic pain, infertility problems, postmenopausal bleeding)
- diagnose conditions (fibroids, polyps)
- treat conditions and problems (removing fibroids, polyps, displaced intrauterine devices [IUDs] and intrauterine adhesions)

Contraindications for Hysteroscopy

- Gestation
- Cervical cancer
- Inflammations
- Coagulation disorders

Preparation for Hysteroscopy

The date of the examination is very important. It should be performed ideally in the first two weeks of the cycle, but also later in the cycle, since we are sure that there are no possibilities for pregnancy. Before the examinations it is necessary to:

- Have blood tests and a pregnancy test
- Use contraception methods because Hysteroscopy can't be carried out if you're pregnant
- Stop smoking – if you're due to have a general anesthetic

In case of an invasive Hysteroscopic surgery, you will need to avoid eating or drinking for a few hours before the procedure. The day of surgery and 2 hours before you may be asked to take antibiotics for precaution measures. On the same day and after the end of the procedure, if you wish, you will see the video of your surgery and you will be informed about the details of it.

Recovery

If the examination was done with local anesthesia you can go to your home right away. In case of sedation you will need to stay for a few hours in the hospital for follow-up. You should contact your doctor if:

- You have more than 38.5 ° C fever
- You have severe abdominal pain and severe bleeding
- You observe bright red blood or large clots
- You identify foul-smelling vaginal discharge

In most cases you can leave the same day, 1-2 hours after surgery. Your doctor or nurse will discuss their findings with you before you leave, although it may take a few weeks to get the results of the biopsy. It is recommended postoperatively to

take antibiotics for 4-5 days. A small vaginal discharge is normal and expected after surgery, which may, depending on the situation, lasts from 5 to 10 days.

Is Hysteroscopy safe for me?

A Hysteroscopy is generally very safe, but like any procedure there is a small risk of complications such as:

- Accidental uterine damage
- Accidental cervical damage
- Severe bleeding during surgery
- Womb infection

Complications are extremely rare, occurring in less than 1 in 1000 cases and are usually mild symptoms.