

## Preparing for your appointment

- Please eat and drink as normal unless told otherwise.
- Take your usual medications unless advised not to.
- If you are pregnant or could be pregnant, please let us know before the procedure.

## Contact us

If you have any questions or concerns, please contact Minor Theatre on 01 806 5494.

For out-of-hours queries, please phone the main hospital reception on 01 806 5300 and ask to speak with the nurse in charge.

In the event of an emergency, please attend your nearest Emergency Department.

# Outpatient Hysteroscopy

## Patient Information



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## What is a hysteroscopy?

A hysteroscopy is a simple procedure that allows your doctor to look inside your womb (uterus) using a thin telescope called a hysteroscope. The camera is passed through the vagina and cervix, so no cuts or incisions are needed.

This procedure helps to investigate symptoms such as:

- Heavy, irregular, or prolonged periods
- Bleeding after menopause
- Bleeding between periods
- Recurrent miscarriage
- Possible polyps or fibroids seen on a scan

## Why is it done as an outpatient procedure?

Many hysteroscopies are now done as an outpatient procedure, meaning you can go home the same day. You will be awake throughout, and most patients describe the discomfort as mild to moderate and short-lived.

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## What happens during the procedure?

- You will be brought to the outpatient hysteroscopy room in Minor Theatres, where a nurse will explain the procedure.
- You will be asked to change into a hospital gown and lie on a bed / couch.
- When ready, the doctor will pass the hysteroscope through your cervix into your womb. Sterile fluid is used to expand the womb so that the lining can be seen clearly.
- If needed, a disposable hysteroscope will be used in which small instruments can be passed through the hysteroscope to take a biopsy or remove a polyp or fibroid.
- If you find this uncomfortable the doctor can inject local anesthetic in the cervix to help reduce the pain.

## What are the risks?

- An outpatient hysteroscopy is a minor procedure, and the risk of complications is low.
- Most women will experience bleeding and abdominal cramping after the procedure which subsides within a few hours to a few days.
- Serious complications are rare and include uterine perforation 1/1000 and pelvic infection 1/400.

## Does it hurt?

You may feel some cramping or period-like pain during the procedure. Many women find this manageable without pain relief, and 19/20

women are able to complete the procedure with or without pain relief. About 1 in 20 (5%) of women find the procedure difficult to tolerate necessitating stopping the procedure. We recommend taking ibuprofen or paracetamol about an hour before your appointment. Our team will support you throughout and can stop the procedure at any time if you become too uncomfortable.

## After the procedure

- You may have mild cramping or light bleeding for a few days.
- You can return to normal activities, including work, later that day or the next.
- Avoid sexual intercourse, tampons, or swimming for 7 days to reduce the risk of infection.

## Seek medical advice if you experience:

- Heavy bleeding (soaking a pad every hour)
- Severe abdominal pain not relieved by painkillers
- Fever or a foul-smelling vaginal discharge

## Results

If a biopsy is taken, your doctor will contact you once results are available. A follow-up appointment will be arranged if further treatment is needed.