

Surgical Patient Education

Hysteroscopy

What is a Hysteroscopy ?

A Hysteroscopy is an examination of the cervix and uterus using a thin, flexible tube with a light.

Hysteroscopes can be used to treat a variety of different problems including things like vaginal bleeding, polyps, or fibroid tumors.

The surgeon takes this thin tube and inserts it into the uterus and may use other instruments to assist in treating these different problems.



What are the Risks?

- **Infection** - There is always a risk of infection when introducing instruments and examining parts of the body.
- **Bleeding** - There is a risk of bleeding as with all surgical incisions/procedures. This is minimal with hysteroscopy.
- **Damage to the uterus or other structures** – There are structure in the area of the surgical procedure but damage to these tend to be minimal.

What happens during the procedure?

- This is usually an outpatient procedure which means you will go home the same day.
- You will arrive at the surgery center and go to Pre-Op and be checked in.
- Next, you will be taken to the operating room, placed on monitors, and watched closely. You will then be put to sleep.
- After you are asleep, the surgeon will use specialized tools to examine your uterus with a scope (*a light on a tube*). He may then use specialized tools to perform procedures within the uterus.
- There are no sutures, a maxi-pad will be placed.
- You will be woken up and when you are stable you will go home. Usually within 1-2 hours.

Before Surgery

- You may be asked to stop certain medications such as aspirin or ibuprofen, be sure to check with your surgeon's office and anesthesia to see what medications to stop.
- You will be asked not to eat or drink the night before surgery. It is important that you follow these instructions.
- You will be asked to shower the night before or morning of surgery.
- You will need someone to stay with you for 24 hours after surgery.

After Surgery

- You will have a maxi-pad, you can expect some bleeding/discharge. If you go through more than 1 pad an hour please call the office.
- You can shower afterwards.
- You can take Tylenol or ibuprofen for pain afterwards. Slight cramping and discomfort can be normal.
- You are able to shower or take a bath.

Recovery After Hysteroscopy

How long will I be out of work?

- You should prepare to be off work for one whole day. (If your procedure is in the afternoon, you will likely need the next day as well.)
- You may continue spotting or menstrual-like bleeding for variable times after the procedure, but this will not necessarily keep you from returning to work.
- Cramping/pain tend to be minimal after this surgery and typically does not interfere with returning to work.