

Resources

The Royal Australian and New Zealand College of Obstetrics and Gynaecology: Hysteroscopy information

www.ranzcog.edu.au/wp-content/uploads/2022/06/Hysteroscopy-pamphlet.pdf

Contact information

National Women's Health

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Te Whatu Ora
Health New Zealand

Hysteroscopy

Why am I having a hysteroscopy?

A hysteroscopy with endometrial sampling is used to investigate any unusual bleeding.

What does a hysteroscopy involve?

A hysteroscopy allows the doctor to look directly into the uterus. A thin telescope called a hysteroscope is inserted into the uterus. This allows the doctor to inspect the uterine cavity and the fallopian tube openings.

What is a D&C?

D&C (dilation and curettage) describes the process where the cervix is stretched or dilated. This allows the passage of instruments used for looking inside the uterus and removing a sample of the lining.

Curettage is the name of the procedure where some of the uterine lining is scraped off and checked in the laboratory to see that it is healthy. Often we only sample the endometrium which is less invasive.

Polyps and small fibroids may also be removed from inside the uterus during this procedure. The tissue that is removed is also sent to the laboratory for examination.

A D&C can be done without any anaesthetic, sometimes sedation, local anaesthetic or general anaesthetic is used if indicated.

It is important that you arrange for someone to drive you home after your procedure.

Please let us know if you need a medical certificate for time off work.

Complications

Although uncommon, possible complications when having a hysteroscopy include difficulties with carrying out the procedure such as:

- Perforation of the uterus
- Excessive bleeding
- Infection

This will be discussed with you before the procedure and there will be an opportunity to ask any questions and discuss any concerns you have.

Discharge Advice

Pain relief

You may get some discomfort for the next 1-2 days. You may find Panadol helpful as pain relief. If this does not control the pain contact your GP

Preventing and detecting infection

We recommend that you:

- Complete taking any antibiotics that have been prescribed for you.
- Use sanitary pads rather than tampons until the bleeding has stopped.
- Avoid sources of possible infection such as spa and swimming pools for 2 weeks after the procedure, or until bleeding has stopped. Shower instead of bath.
- Contact your GP straight away if you develop flu like symptoms, have a temperature over 38°C, have pain or difficulty passing urine, if bleeding becomes heavy and you pass clots, or if you have smelly vaginal discharge.

Follow-up appointment

Usually the doctor will call you for a follow up phone call instead of you needing to attend a clinic. Sometimes you may be given an appointment for the gynaecology outpatient's clinic at Greenlane Clinical Centre to discuss the results of the procedures and any further treatment that may be necessary.