After a Hysteroscopy: What you need to know

BC WOMEN'S HOSPITAL+ HEALTH CENTRE
Provincial Health Services Authority

What is a hysteroscopy?

A hysteroscopy is a medical procedure where a doctor looks inside your uterus. During this procedure, the doctor inserts a **hysteroscope** (a thin lighted tube) into your vagina, to examine your cervix and the inside of your uterus.

A doctor may use a hysteroscope for many reasons. Some examples are to check for causes of abnormal bleeding, or to find problems in the uterus that make it hard to get pregnant.

Hysteroscopy may be part of other procedures, like:

- *Polypectomy*: removal of a polyp in the uterus.
- *Myomectomy*: removal of a fibroid in the uterus.
- *Lysis of adhesions*: removal of bands of fibrous tissue in the uterus.

Pregnancy and hysteroscopy

It is important that you are not pregnant when you have a hysteroscopy. If there is a chance you may be pregnant, please tell your doctor. They can cancel or reschedule the procedure.

A hysteroscopy usually takes 30 minutes. It may take longer, depending on your needs. The procedure can happen in a procedure room or operating room.

What to expect after this procedure

If you have sedation medication, you may feel drowsy for the rest of the day.

If you have a general anesthetic:

- You may have an oxygen mask over your nose and mouth when you wake up.
- You may have a sore throat for a few days. This is normal and usually goes away on its own.

What can I do?

- You may not feel like yourself for the first day. Rest in bed until you feel better. DO NOT do other activities for the rest of the day.
- If you feel nauseous, try sips of ginger ale and eat some dry crackers. If you feel like eating, try small amounts of food that are easy to digest, like soups and cereals. Drink lots of fluids for 2-3 days, when you can.

How can I keep myself safe?

- If you go home on the day of surgery, we recommend that you leave the hospital with a responsible adult.
- For 24 hours after the procedure:
  - **DO NOT** drive, operate heavy machinery, or make important decisions.
  - **DO NOT** drink alcohol or use recreational substances. The effects will add to those of the procedure medications.

Caring for yourself at home

- **Activity:** On the day of your procedure, rest. You may then return to your normal activities over the next 1 to 2 days.
- **Hygiene:** You may shower any time. Do not go in a bathtub, hot tub, or swimming pool until all bleeding has stopped. This reduces your risk of infection and helps you heal.
- **Bleeding:** You may have some light vaginal bleeding. This may last for 1 – 2 weeks. Use pads until the bleeding stops.
- **Sexual activity:** Do not insert anything in your vagina until all bleeding has stopped.
- **Pain:** For the first 1-2 days, you may have some cramping. This may feel like menstrual cramps. You can take pain medication. (Please read the

next section.) A heating pad on your abdomen can also help.

Pain medication

- Take pain medication if you need it.
- If you have a prescription, follow the instructions from your doctor and pharmacist.
- If you do not have a prescription, you can take the following medications:

Acetaminophen (Tylenol) 1000 mg every 6 hours
Next dose at:_____am/pm

AND / OR

Ibuprofen (Advil/Motrin): 400 mg every 6 hours
Next dose at:_____am/pm

OR

Naproxen 440 to 500 mg every 12 hours
Next dose at:_____am/pm

NOTE: Naproxen is available without a prescription as 220 mg tablet (take 2 tablets). Prescription Naproxen comes in 500 mg tablets (take 1 tablet).

Do NOT take Naproxen with Ibuprofen (Advil/Motrin) or Diclofenac (Voltaren).

Gynecologist

Doctor's Sticker Here

Follow-up visit

- Contact your gynecologist's office to make a follow up appointment. Make sure you go to the appointment. It is important to see your gynecologist after this procedure.

Contact your Gynecologist or go to Emergency if you:

- Have vaginal bleeding that is increasing, heavy (soaks 1 full pad in 1 hour), or lasts longer than 3-4 weeks.
- Have bad-smelling vaginal discharge.
- Have a fever or chills.
- Have severe pain, and pain medication does not help.
- Have nausea or vomiting for more than 24 hours, and you cannot keep fluids down.
- Cannot pee for 8 hours after you leave the hospital.

DO NOT go to the Urgent Care Centre at BC Women's as it is ONLY for pregnant patients.