

HYSTEROSCOPY PROCEDURE INFORMATION SHEET



Health
South Eastern Sydney
Local Health District

Dear _____

You have been scheduled to have a Hysteroscopy procedure at the Gynaecology Outpatients Clinic at The Royal Hospital for Women on

_____ at _____
(Day and Date) (Time)

What is a hysteroscopy?

It is an examination that allows your doctor to look inside your uterus (womb) with a small telescope that is passed through the cervix. The whole procedure will take approximately 20 minutes however in some cases it may take longer.

What to expect?

This procedure is generally well tolerated, you may experience some discomfort or cramping pain similar to period pain during and after the procedure.

You do not need to fast for this procedure as there is no general anaesthetic involved. Eat and drink normally.

The doctor may administer a local anaesthetic to help alleviate any discomfort during the procedure. We recommend that you take pain relief medication (**either** ibuprofen or naproxen sodium) approximately 1 hour prior to your appointment.

After your procedure we recommend non-strenuous activities for at least the next 48 hours. This includes but is not limited to the gym, physical activity and heavy lifting.

Please avoid swimming, baths, sexual intercourse and tampon use for 7 days.

You may bring a support person to accompany you to your appointment and we encourage you to arrange someone to escort you home from your appointment.

If you have any questions please do not hesitate to call the Gynaecology Outpatients Clinic on (02) 9382 6248.