

## Diagnostic Hysteroscopy

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### What is a diagnostic hysteroscopy?

A diagnostic hysteroscopy is a way of looking inside the uterus. This may be done to:

- find problems inside the uterus such as fibroids, scarring and polyps
- remove an I.U.D.
- take a sample of tissue called a biopsy for testing

### How do I get ready for a hysteroscopy?

You do not need to do anything special before the procedure. Dress in comfortable clothes and be prepared to undress from the waist down.

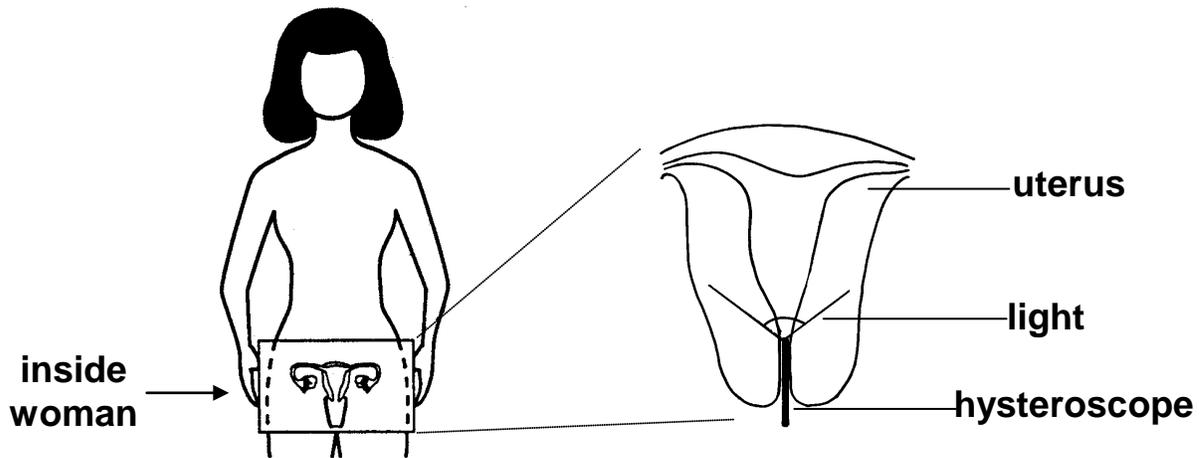
You will be asked to lie on a special table. The doctor may put a medicated suppository into your vagina to help your muscles relax and relieve mild pain and cramps during the procedure. After the suppository is in 10 to 15 minutes, the doctor will start.

Some women have a general anaesthetic for this procedure. This means you are asleep during the procedure. Your doctor will decide if you should have a general anaesthetic and tell you about this.

### During the hysteroscopy

The doctor will insert a tool called a speculum to look at your cervix. If you are awake, you will feel a cold disinfectant being applied to your cervix.

The opening of the cervix is widened with instruments called dilators. You may have some cramping when this is done. The doctor then puts a narrow, lighted tube through the opening into the uterus. This is called a hysteroscope. Carbon dioxide gas or saline is then put into the uterus to expand the cavity so the doctor can see the inside of the uterus.



During the procedure you will feel a warm and wet solution come out of your vagina if saline is used.

### **After a hysteroscopy**

The doctor will remove the hysteroscope and speculum and you will be asked to stay on your back for a few minutes before sitting up.

After the procedure, some women are dizzy, flushed or have nausea. Lying quietly for a few minutes helps these feelings go away. A nurse will be close by to help, take your blood pressure and make sure you are all right before you leave.

### **When you go home**

You should expect a watery, brown discharge for the rest of the day. This comes from the solution and disinfectant used during the procedure. You may also have light spotting.

You can follow your normal diet and activity program. You can bath, shower, use tampons or have intercourse.

### **📞 Call your doctor if you have:**

- severe pain in your abdomen
- bright red bleeding
- a fever
- any questions or concerns

