

Hysteroscopy Guidelines

About Hysteroscopy

It is an exam that allows a doctor to look inside your uterus. A hysteroscope is a thin, lighted camera. It is inserted through the vagina and cervix into the uterus. No incisions (cuts) are made. This is done under general or local anesthesia. This exam is helpful in finding the cause of health problems such as abnormal bleeding, scar tissue, growths, or trouble getting pregnant. Sometimes it can be used to treat these conditions.

If tissue is removed, it is sent to the lab for review. You will get the results within 1-2 weeks after or at a scheduled follow up appointment with your OB/GYN provider.

After the Procedure

You will stay in the recovery area for 2-4 hours. Nurses will watch you during this time to be sure you are safe to go home. Most people go home the same day. You will need someone to drive you home.

You may have:

- Mild nausea from medicines.
- Lower abdominal/pelvic cramping for 24-48 hours. This will continue to get better.

Bleeding

Bleeding may range from like a normal period to only a small amount of watery discharge. Some women will not bleed at all.

Light, irregular bleeding may occur for several days to a few weeks. It may begin as a watery discharge that is red/pink in color and change to more of a rust or brown

colored discharge which is normal. Small clots and bits of tissue are normal.

This exam affects the uterine lining and may change the normal timing of your next period. You may get your period earlier or later than expected (anywhere from a few days to several weeks).

Diet

If you feel sick to your stomach, start out slowly with liquids such as broth, tea or jello. Add solid foods to your diet as you feel better

Pain Relief

If you have pain or cramping, take 975-1000mg of acetaminophen every 8 hours (such as Tylenol®) and/or ibuprofen 400-600 mg every 4-6 hours (such as Advil® or Motrin®). **Do not** take more than 3000-4000mg of acetaminophen in a 24-hour period. Your doctor may prescribe stronger pain medicine for you.

Activity

- **Do not** drive for 24 hours.
- **Do not** use tampons until discharge stops. You may use feminine hygiene pads.
- It is safe to resume normal activities within 1-2 days. Most patients return to work, school and normal routine in this time.
- It is ok to go swimming or sit in a hot tub. You may want to avoid if actively bleeding.
- **Do not** have sex until after the bleeding or discharge stops.
- **Do not** douche.

Follow Up Visit

If a visit is needed, it will be scheduled 2-3 weeks after your procedure.

Who to Call

If you have any questions or concerns, call your doctor or nurse:

When to Call

- A fever over 100.4°F for two readings 4 hours apart.
- Severe abdominal pain not relieved by pain medicines or other comfort measures (heating pad).
- Heavy bleeding, soaking through a pad every hour for 2-3 hours in a row.
- Foul smelling, cloudy or greenish discharge.
- Severe nausea and vomiting where you are unable to keep down food and liquids.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4552.