



HYSTEROSCOPY PROCEDURE

What is a hysteroscopy?

Hysteroscopy is a way of looking inside the uterus. It involves placing a camera through the vagina into the uterus.

Why is hysteroscopy done?

Hysteroscopy is done to help diagnose and treat irregular periods, heavy periods, or postmenopausal bleeding.

It is commonly used to treat a woman who has an endometrial biopsy or imaging study concerning for something growing inside the uterine cavity, like a polyp or fibroid. It is also done when a woman cannot tolerate an endometrial biopsy in clinic, or the clinic biopsy was unsatisfactory for ruling out cancer.

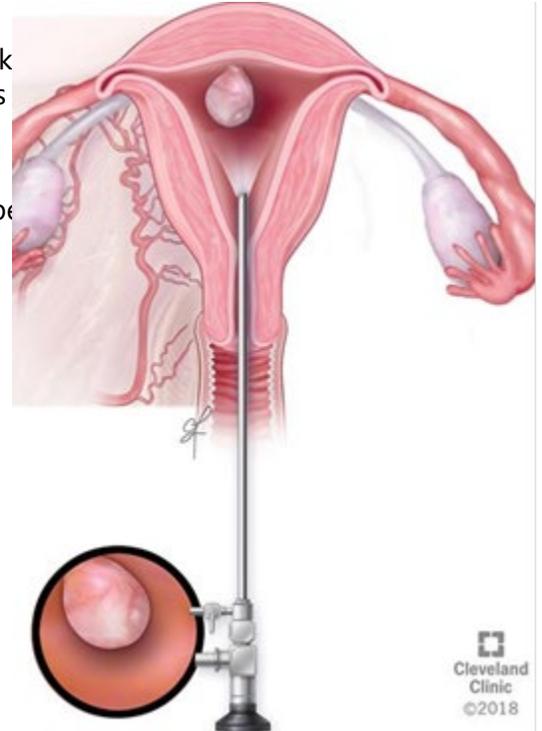
What is the benefit of hysteroscopy?

The benefit of a hysteroscopy is that it not only allows our physicians to look directly inside the uterus for abnormalities, but, if something concerning is found, it can be removed during the same procedure.

How is the procedure performed?

- Hysteroscopy is performed in an outpatient surgery center by one of our Rancho OB/GYN physicians.
- It is performed under general anesthesia.
- A speculum will be used to hold apart the vaginal walls so that the inside of the vagina and the cervix can be seen.
- The cervix is dilated and the camera is passed through the cervix into the uterus.
- Fluid is used to dilate the uterus and allow the physician to see what is inside. If any abnormalities are seen, they can be removed using special tools inserted into the uterus through the

- hysteroscope.
- A sample of the tissue inside the uterus is also taken to make a diagnosis (called a D&C). Any tissue removed during the procedure is sent for pathology evaluation.
- A hysteroscopy usually takes 20-30 minutes, but you will spend more time at the surgery center.



How do I prepare for my Hysteroscopy?

- For at least 24 hours before the surgery, you should not:
 - douche
 - use tampons
 - use vaginal medications
 - have sex
- Complete all blood work the week before surgery to make sure your doctor has time to review it
- Since the procedure is performed under general anesthesia, you will need someone to drive you to and from the outpatient surgery center. You will likely also need to arrange someone to stay with you the night after the surgery and the following day as you will likely be achy and tired and need help around the house while you recover.
- Do not eat anything after midnight the day of your procedure.
- If you take medications, talk to your doctor about which ones to stop before surgery.
- You will have an appointment before your procedure. Write down any questions and ask your doctor at that time.

What should I expect during recovery?

- You may resume your normally diet as tolerated. However, you may want to take it easy and start with small things like clear liquids or soft foods immediately after the procedure as general anesthesia can make some women quite nauseated.
- You may have minor cramping and light bleeding for 2-3 days after your hysteroscopy. Over-the-counter pain medications can be helpful. You may need to wear a sanitary pad until the bleeding stops.
- For the first 2-3 days after the procedure, avoid any activities that increase your heart rate and do not lift more than ten pounds as this can delay your uterus healing and worsen your bleeding.
- Until you have your postop visit two (2) weeks after your surgery, you will be on "pelvic rest." This means you will not be able to put anything into your vagina including:
 - Do not have sex
 - Do not use tampons
 - Do not douche
 - Do not go into a pool or bathtub (shower is okay)
- If you are also undergoing a D&C with this procedure, your next menstrual period may not occur at the regular time so do not worry if your period is late.

Call our Rancho OB/GYN office right away if you have any of these problems:

- Heavy vaginal bleeding (using more than one sanitary pad per hour x2 hours)
- Passing large clots greater than golf balls in size
- Severe lower abdominal pain not improved with over-the-counter medications
- Fever > 100.4°F
- Chills

If you aren't sure if what you're experiencing is normal or if you have any questions, please call the Rancho OB/GYN office during business hours and one of our staff members will assist you.