



# HYSTEROSCOPY

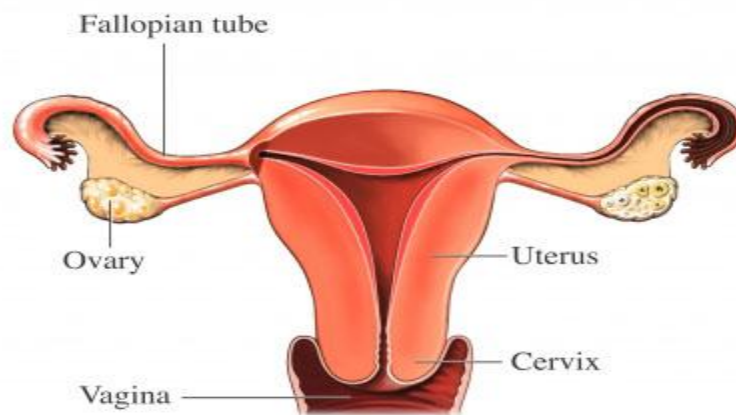
*Date of Surgery* \_\_\_\_\_

**Please bring this booklet with you the day of surgery.**

QHC#147

A Hysteroscopy is a surgical procedure that allows your Doctor to look directly into the uterus. A thin telescope with a special light on the end, called a hysteroscope is passed gently through the cervix and into the uterus.

A liquid or gas may be released through the scope so that the lining of the uterus can be seen better. This procedure is used to help your Doctor diagnose or treat a uterine problem.



The procedure takes approximately 10-15 minutes. The most common anaesthetic used is a general anaesthetic (which puts you to sleep).

## **Guidelines for Home**

It is important to rest quietly at home for at least 24 hours, then resume your daily activities as you are able.

You may experience mild discomfort (similar to a mild period). This can be managed with over-the-counter medication such as Tylenol or Advil (if not allergic) or by the prescribed pain medication from your Doctor.

There may be some bleeding for up to 14 days. This should not be any heavier than a normal period.

Use sanitary pads. No tampons for at least a week.

You may shower and tub bath as you wish.

No intercourse for at least a week (because of the risk of infection) and then when comfortable.



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**Call your Surgeon or Come to the Nearest Emergency Department if you experience:**

- Increased pain not relieved by pain medication
- Heavy bleeding which cannot be attributed to a normal period
- Foul-smelling vaginal discharge

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## **Appointment**

Call your Surgeon's office to arrange a follow-up appointment.

## **Special Instructions**

## **Questions?**

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