

Hysteroscopy

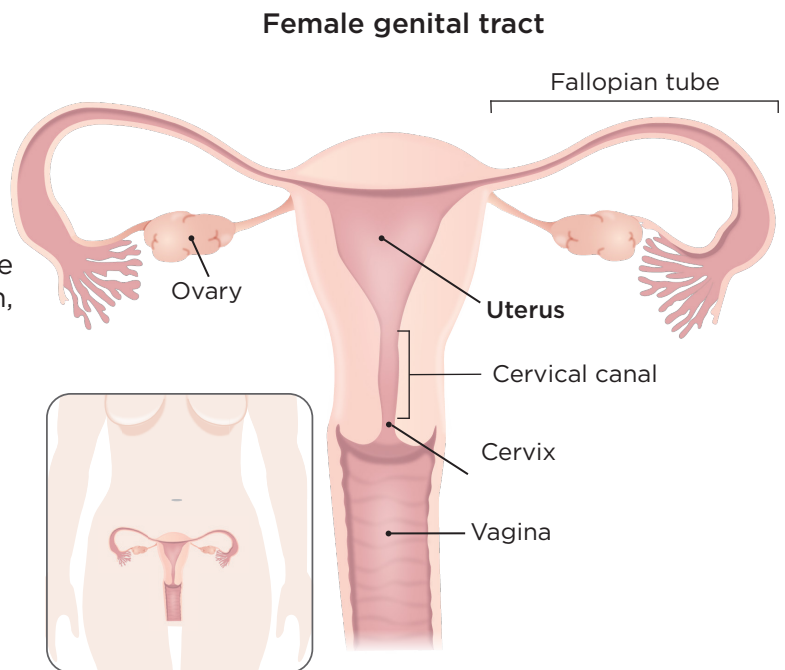


You'll soon have a hysteroscopy. This procedure is done to examine the inside of the uterus or to perform an operation. This health sheet explains how to prepare for it and gives some tips for your return home.

What is a hysteroscopy used for?

A hysteroscopy can be done for one of these 2 reasons:

- 1 To examine the uterus (diagnosis):** The inside of the uterus is observed using a small camera called a hysteroscope. The cervical canal and fallopian tubes can also be observed as needed. During the examination, if necessary, a small piece of tissue can be removed; that is, a biopsy can be taken.
- 2 To perform an operation:** Depending on the situation, a hysteroscope can be used to perform small procedures. In some situations, the MyoSure technique is used to quickly remove certain non-cancerous tumours (e.g., polyp, myoma, fibroid) from the uterus. It may also be used to correct a malformation that separates the uterus in two.



How long does a hysteroscopy take?

A hysteroscopy **to examine** the uterus takes about 15 minutes.

A hysteroscopy **to perform an operation** takes about 15 to 45 minutes.

You should plan on at least 2 hours in the hospital, and more (a half-day) if you're sedated during the procedure.

What is sedation?

Sedation involves using medication to relieve pain and anxiety. For a hysteroscopy, sedation doesn't put you to sleep. It's not general anesthesia.

Sedation isn't always necessary. Your care team will tell you in advance if you'll need it.

How should I prepare?

The preparation depends on whether or not you'll be sedated during the hysteroscopy.

- Without sedation:** read Appendix 1 (page 3)
- With sedation:** read Appendix 2 (page 4)



Even if you're bleeding lightly due to your period or other reasons, you can have a hysteroscopy. If in doubt, or if your period bleeding is heavy, call the clinic where the hysteroscopy is planned.

What discomforts will I have AFTER the examination?

When you return home, you may:

- Feel very tired and need to rest.
- Have vaginal discharge or light bleeding. Don't worry, it's normal. This can last from 2 to 10 days.
- Have abdominal pain, which can last 1 or 2 days. To ease the pain, you can take a pain reliever (e.g., Tylenol) or an anti-inflammatory drug (e.g., Advil or Motrin).

Are there any precautions to take AFTER the exam?

Yes, you need to pay attention to a few things to avoid a uterine infection. The risk of infection is higher because the cervix was slightly opened during the procedure. There are also other precautions to take if you've been sedated.

- Without sedation:** read Appendix 1 (page 3)
- With sedation:** read Appendix 2 (page 5)

When I get home, what symptoms should I watch for?

Call a nurse at the **CHUM Patient Health Line at 514-890-8086** if you have any of the following signs:

- Fever above 38.5°C (101.3°F).
- Vaginal discharge that smells bad.
- Heavy vaginal bleeding that requires more than one sanitary napkin per hour or lasts more than 10 days after the hysteroscopy.
- Severe abdominal pain not relieved by medication (up to 7 days after).

This service is available 7 days a week, 24 hours a day. When you call, make sure you have your health insurance (RAMQ) card on hand.

Who can I contact if I have questions?

Women followed at the CHUM can call their clinic at the following numbers.

Fertility Clinic:

☎ **514 890-8309**

Gynecology Clinic:

☎ **514 890-8355**

For any questions related to your health after the procedure, you can call a nurse at the **CHUM Patient Health Line:**

☎ **514 890-8086**



USEFUL RESOURCES

Health sheet:

[Returning home after a sedation](#)

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website

chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the advice of your healthcare professional.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca

You've been told you won't need sedation. Here's what you need to do before and after the hysteroscopy.



How to prepare BEFORE the appointment

- Use **birth control** during sex until your appointment. You must not risk being pregnant on the day of the appointment.
- You can have a light meal on the morning of the appointment.
- If you wish, have someone to accompany you.



What to bring on the day of the appointment

- an up-to-date list of your medications: ask your pharmacist for this
- 2 sanitary pads
- the requisition for the hysteroscopy, if you're being followed somewhere other than the CHUM
- your health insurance card

My appointment

Date : Time :

Location : **CHUM**
Reproductive
Medicine and Biology
(Fertility) Clinic
Pavilion R, 7th Floor

CHUM
Gynecology Clinic
Pavilion C, 2nd floor

CHUM
Day Surgery
Pavilion C, 4th Floor



What to pay attention to AFTER the hysteroscopy

For 2 days (48 hours):

- Don't take a bath. You can take a shower and clean yourself with a washcloth.
- Don't douche.
- Don't swim (swimming pool, lake, spa, or other).
- Don't have sex.
- Don't use a sanitary tampon. Instead, use pads or sanitary pants.

APPENDIX 2: HYSTEROSCOPY WITH SEDATION

You've been told you will be sedated. Here's what you need to do before and after the hysteroscopy.



IMPORTANT

Sedation medications cause side effects. They make you less alert, less coordinated, and sleepy. This is why you need to be accompanied and take more precautions after the procedure.



How to prepare **BEFORE** the appointment

- Use **birth control** during sex until your appointment. You must not risk being pregnant on the day of the appointment.
- **Ask someone to accompany you** to your appointment. **This is mandatory** because of the sedation. If you come alone, the hysteroscopy will have to be cancelled. The person must be with you before the procedure, during the procedure (in the waiting room), and when you leave.



On the morning of the appointment:

- **Don't eat during** the 6 hours before your appointment. You must be fasting.
- You can drink clear liquids up to 2 hours before your appointment. These are liquids that you can see through, such as: water, apple juice, chicken or vegetable broth, herbal tea, tea, soda, 7 Up.



What to bring on the day of the appointment

- an up-to-date list of your medications: ask your pharmacist for this
- 2 sanitary pads
- the requisition for the hysteroscopy, if you're being followed somewhere other than the CHUM
- your health insurance card

My appointment

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Pavilion C, 2nd floor

CHUM
Day Surgery
Pavilion C, 4th Floor



What to pay attention to **AFTER** the hysteroscopy

For 1 day (24 hours):

- Don't drive.
- Don't drink alcohol or alcoholic beverages.
- Don't make any important decisions. For example, don't sign a contract.



Depending on your situation:

- for 7 days** if you had an operation using MyoSure
- for 2 days (48 hours)** if you had an operation without MyoSure or if the hysteroscopy was done to examine the uterus

- Don't take a bath. You can take a shower and clean yourself with a washcloth.
- Don't douche.
- Don't swim (swimming pool, lake, spa, or other).
- Don't have sex.
- Don't use a sanitary tampon. Instead, use pads or sanitary pants.



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Questions

Write down any questions you want to ask your care team so you don't forget anything.





Observations - Comments

Write down observations you feel are important: your symptoms, treatments, follow-up, energy level, spirit, etc.





Upcoming appointments



Resource people and contacts

Write down phone numbers, email addresses and websites that could be useful.