

# Hysteroscopic – polyp removal

## Women's Health

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### Why do I need this investigation?

Your GP has referred you to a gynaecologist at the Hysteroscopy Clinic because of abnormal bleeding and/or features seen on an ultrasound scan that require further investigation.

### What is hysteroscopy?

Hysteroscopy is a way of looking inside your womb using a small, fibre optic camera.

### How long will it take?

Please allow 45 minutes for your hospital visit. The procedure can take up to 15 minutes.

### Do I need any painkillers beforehand?

During the procedure, most women only feel mild discomfort or period-like cramps that last only a few minutes. You will find it more comfortable if you take paracetamol (1,000mg) and Ibuprofen (400mg) at home, one hour before the procedure. If you are allergic to this medication, you may take what you would normally use if you had period pain.

### What can I expect?

When you come to the clinic you will have the opportunity to talk to the nurse, then the doctor will explain the procedure and ask you to sign a consent form. At this stage, if there are any questions you wish to ask about the investigation please feel free to do so. It is important to inform the doctor or nurse of any allergies or reactions to drugs in the past. After undressing, a nurse will help position you on the couch with your legs resting on supports. The nurse will be at your side throughout the procedure.

### Can I eat?

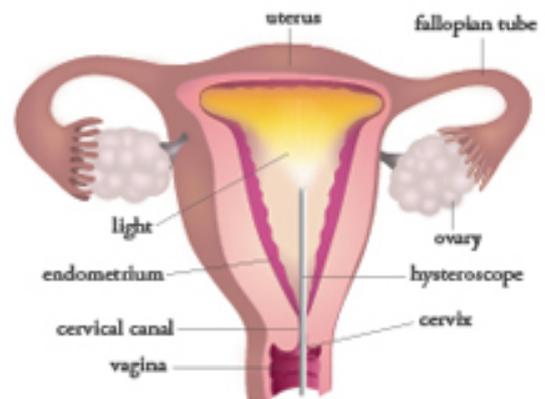
Yes we advise you eat and drink as normal prior to your procedure.

### How is the procedure performed?

The doctor will gently insert a speculum (the instrument used when taking a smear) into the vagina in order to see your cervix. A local anaesthetic will be given and the cervix dilated, after which a hysteroscope with a polyp removal mechanism will be inserted to remove your polyp.

### What if I could be pregnant?

If you are of childbearing age, we recommend that you use contraception from the start of your period before the procedure to the day of the procedure. On the day of the procedure we will ask your permission to perform a urinary pregnancy test to make sure that the procedure does not disturb a pregnancy. If you are able, please bring a urine sample with you.



## **What are the risks?**

This is a very safe procedure with only very minor risks. These may include pain, a risk of inadvertently making a hole in the womb that would heal without treatment, and a very minor risk of infection.

## **Can I see what is happening?**

A picture of inside your womb will appear on a television screen and you may see this if you wish.

## **What if I need a Mirena Coil?**

If you are having a Mirena Coil (intrauterine device (IUD)) fitted it will be done once the polyp is removed.

## **What happens afterwards?**

You will have the opportunity after the procedure to discuss the investigation with the doctor and to ask about any further treatment. You will be invited to remain in the clinic for a further 10-15 minutes where you will be offered some refreshments. You should be well enough to go home and to continue as usual afterwards.

## **What about any biopsy results?**

We will invite you to an appointment or write to you in three to four weeks with your results.

## **What advice do I need once I go home?**

You may experience spotting (spots of blood from the vagina) for a few days after this procedure. As such you will need to wear a sanitary pad. Please take it easy for the remainder of the day. You might experience some period like pain. If this occurs, you are advised to take pain relief such as paracetamol or ibuprofen.

## **Contact us**

Remember, we are here at the clinic to help you. If you would like further information or have any concerns either before or after the procedure, please do not hesitate to contact us at Leatherhead on 01372 384340 or at St Helier on 020 8296 2000 ext 8431.

Please contact the clinic on the numbers below during opening hours (8am-5pm, Monday to Friday) if you experience fever, vaginal bleeding or discharge, or if you just feel unwell. If you are unable to reach us, or have heavy bleeding or severe abdominal pain, please go straight to A&E.

Leatherhead Hospital  
Tel. 01372 384340

St Helier Hospital  
Tel. 020 8296 2000 ext 8431

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