

Patient Information

Post Operative Information for Hysteroscopy and Curretage / D & C Patients

Hysteroscopy is a technique which allows a doctor to look directly into the womb. A thin telescope called a hysteroscope is passed directly through the cervix (the neck of the womb) into the womb itself. By attaching the hysteroscope to a video camera and then looking at the screen or looking down the telescope a full clear view of the inside of the womb is seen. At this stage any disease can be seen and a biopsy (a small sample of tissue) taken if necessary. While viewing the inside of the womb small polyps or lost intrauterine devices can be retrieved.

After the Operation

For 72 hours after a general anaesthetic you must not:

1. Drive or operate machinery.
2. Drink Alcohol.
3. Make any important decisions or sign contracts as your concentration will be impaired and you may feel drowsy.

Pain

You will feel a little pain or discomfort usually like a mild period pain. If necessary a mild painkiller such as Paracetamol should help.

Bleeding

You may bleed for about two to three days and get some 'spotting' of blood for up to a week. Your next period may be heavier than usual and may be early or late.

Hygiene

A daily bath is recommended.

Sexual Activity

This may be resumed when you feel ready.

General Advice

Return to work and normal activities when you feel ready. Keep your outpatient appointment if one has been made for you. If you have been given any tablets for discomfort follow the instructions carefully.

If you have any serious concerns following your operation please contact:

1. Your GP or Practice Nurse.
2. NHS Direct on 0845 4647.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Patient Information

Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS) – details below.

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

Conquest Hospital

Email: palsh@esht.nhs.uk - Telephone: **01424 758090**

Eastbourne District General Hospital

Email: palse@esht.nhs.uk - Telephone: **01323 435886**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Consultants in Obstetrics and Gynaecology

Paula Smith, Clinical Matron

Date agreed: February 2011
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Responsible clinician: Paula Smith, Clinical Matron