



LEARNING ABOUT HYSTEROSCOPY

What is a Hysteroscopy?

Hysteroscopy is a commonly performed and generally safe procedure which allows the doctor to see inside the uterus with the use of a “telescope” called a hysteroscope. The hysteroscope is carefully passed through the vagina and cervix and into the uterus. Hysteroscopy is useful for finding out what is causing symptoms such as unusual bleeding, fertility problems and other gynecological conditions, as well as to treat certain conditions such as removing polyps, fibroids, or uterine septum.

Hysteroscopy is most often done as a day surgery and does not require an overnight stay at the hospital. The procedure usually takes around 30 minutes and is usually done under a general anesthesia.

What happens after a hysteroscopy?

Recovery from this procedure is relatively quick. Often patients are able to resume normal activities and go back to work the day after the procedure. Others may need to take a couple of days off. You may experience some abdominal pain or discomfort after the procedure but you will be given a prescription for pain before you are discharged from the hospital.

What are the complications?

Complications are unexpected problems that can happen during or after the surgery. Most people are not affected. The main possible complications are excessive bleeding, infection, or unexpected reaction to the anesthetic. In rare cases, it is possible for the uterus to be injured or perforated during a hysteroscopy and this may require treatment with medications, surgery, or in an extreme case, hysterectomy (removal of the uterus).

Generally you should call the office at (416) 323-7727 and speak to your doctor or nurse if you experience fever above 100F, you have excessive pain not controlled by pain killers, prolonged heavy bleeding, swollen abdomen, or if there is vaginal discharge that is dark or smells unpleasant. To help avoid the risk of infection, do not use tampons for at least a week after the procedure. Sexual intercourse should also be avoided for 1-2 weeks depending on the exact treatment and your doctor's advice.