

Patient information factsheet

Recovering well after a hysteroscopy

We hope this factsheet will help to answer some of the questions you might have after having a hysteroscopy.

Vaginal bleeding and discharge

You might bleed from your vagina for 7 to 10 days after having the hysteroscopy procedure. This bleeding might be heavier than a normal period and can stop and start. These variations are normal.

Please contact us if you experience heavy bleeding (soaking a pad every one or two hours) or if you pass any clots larger than the size of a ten pence piece. You can use the contact details at the end of this information sheet.

It is normal to have vaginal discharge for up to two weeks after the procedure. Please contact your GP if this discharge becomes offensive smelling, as this might be a sign of an infection.

Pain

You might feel some mild, period-like pain or cramps after the procedure. It's normal to experience some discomfort after the procedure but you can take pain relief (such as paracetamol) to ease the symptoms.

Diet and fluids

You can eat and drink as normal.

Sex

Do not have sexual intercourse for at least seven days after the procedure to help prevent an infection in the uterus or vagina.

Washing

You can have a shower on the day of the procedure and a bath the next day. If you have had a general anaesthetic you might feel dizzy so please have an adult around to help you, if needed, and keep the bathroom door unlocked.

Tampons

After the hysteroscopy, use sanitary towels and not tampons until after your next period. This will help to prevent an infection. After your next period, you can start to use tampons again for future periods.

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When should I seek medical advice after a hysteroscopy?

While most women recover well after a hysteroscopy, complications can occur, as with any operation.

Contact your GP, Bramshaw women's unit (**023 8120 6035**) or NHS **111** if you experience:

- increasing abdominal pain
- a temperature (fever)
- loss of appetite and vomiting
- difficulty passing urine, burning or stinging when passing urine, passing urine frequently or retention of urine.
- a painful, red, swollen, hot leg or difficulty bearing weight on your legs (this may be caused by a deep vein thrombosis (DVT))

Advice after an anaesthetic and/or sedation

Most modern anaesthetics are short-lasting. You should not have any side effects for more than a day after your operation. During the first 48 hours you may feel more sleepy than usual and your judgement may be impaired.

For 48 hours after having the anaesthetic, **do not**:

- drive (each insurance company will have its own conditions for when you are insured to start driving again, so check your policy)
- drink alcohol
- work
- exercise
- handle machinery (including cooker or hob)
- sign any legal documentation

Contact us

If you have any questions or worries, please call Bramshaw women's unit on telephone: **023 8120 6035**.

Useful links

www.rcog.org.uk

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