

Hysteroscopy Post-Operative Instructions

What is Hysteroscopy?

Hysteroscopy is a procedure that allows your doctor to look inside your uterus in order to diagnose and treat causes of abnormal vaginal bleeding; it is also performed to determine the cause of unexplained bleeding or spotting in postmenopausal women. Hysteroscopy is done using a hysteroscope, a thin, lighted tube that is inserted into the vagina to examine the cervix and inside of the uterus.

After the procedure, vaginal discharge varies from patient to patient depending on where you are in your cycle. It may range from spotting to a light flow, but heavy bleeding should not be experienced.

A shower may be taken the same day.

Avoid sexual activity, douching, and wearing tampons for at least 1 week.

You may return to work the following day with no restrictions.

CALL THE OFFICE IF ANY OF THE FOLLOWING SHOULD OCCUR:

- Heavy vaginal bleeding, using more than 8 pads in a 24 hour period or changing pads more frequently than one every 1 or 2 hours.
- If any abdominal cramping or pain should develop
- A temperature higher than 38 ° C , or >100.5 ° F
- A vaginal discharge with odor

If fever or pain occurs, you may take Diclofenac, Ibuprofen in the recommended dosage on the label, or if a prescription for pain was given, it may be used.

Please return to the clinic on the scheduled time for follow-up visit.

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