

HYSTEROSCOPY

WHAT IS HYSTEROSCOPY?

It is a procedure used by gynaecologists to inspect the inside of the uterine cavity.

HOW IS IT DONE?

The doctor will first apply local anaesthesia to your uterus and then insert a thin, lighted tool (called hysteroscope) through your vagina and cervix into your uterus. The procedure can be used to remove polyps, remove an IUD, or take a biopsy. It generally lasts 20-30 minutes.

HOW CAN YOU BE PREPARED?

You might experience period-like pains during the insertion of the hysteroscope.

We recommend you take some painkillers 1h before your appointment:

- ❖ 2 tablets Ibuprofen (Ibumetin, Burana, Ipren) à 200 mg
- ❖ 2 tablets Paracetamol (Pamol, Pinex, Panodil) à 500 mg

Both can be bought OTC in pharmacies.

Important Information

If you have your period that day you must call the clinic to move your appointment.

Pains Post-Procedure

If you have pains after the hysteroscopy you can take 2 tablets of Paracetamol à 500 mg up to 4 times a day.

POSSIBLE COMPLICATIONS

Complications are very rare, but contact us if you have any of the following:

- ❖ Sharp pains your lower abdomen

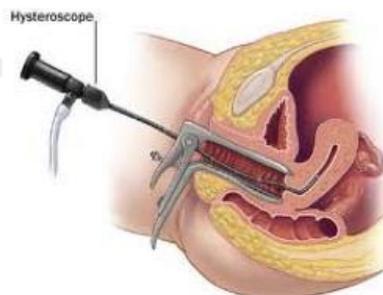
WHO CAN I CALL WITH QUESTIONS?

You are welcome to call Kvindeklínikken every weekday from 8.00 - 15.00 on 36 46 71 40.

Revised April 2020. To be revised on an ongoing basis and certainly no later than 1 April 2022, before in case of any significant changes.

- ❖ Heavy bleeding
- ❖ Malodorous discharge
- ❖ Temperature above 38°

You can go home approximately 30 minutes after the inspection.



WHAT SHOULD YOU DO AFTERWARDS?

You should be able to get back to your usual activities 1-2 days following the inspection. If you start bleeding heavily when doing a particular activity, you ought to slow things down until the bleeding stops. Following the inspection, you might have period-like bleedings for 1-2 weeks and discharge for 3-4 weeks.

HOW TO AVOID INFECTION?

As long as you're still bleeding, avoid:

- ❖ Intercourse
- ❖ Bathing in the bathtub, pool, or sea
- ❖ Use pads rather than tampons

WHEN WILL YOU GET THE RESULTS?

Before going home, you must agree with the doctor how you would like to get your test results and it takes 1-2 weeks for the inspection results to be ready.