

# HYSTEROSCOPY

## WHAT IS HYSTEROSCOPY?

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

## HOW IS IT DONE?

The nurse will first provide you Cyklonova and Bioclavid tablets to prevent bleeding and infection. The nurse will then apply local anaesthesia to your uterus and the doctor will then insert a thin, lighted tool (called hysteroscope) through your vagina and cervix into your uterus. The procedure can be used to remove polyps, fibroids, 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.

you must have eaten and drunk before the procedure to avoid low blood sugar

## IMPORTANT INFORMATION

If you have your period that day, you must call or write to the clinic to reschedule your appointment.

## POST-PROCEDURE PAIN

If you experience pain 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
- ❖ Heavy bleeding
- ❖ Malodorous discharge
- ❖ Temperature above 38°

You can go home approximately 30 minutes after the inspection.

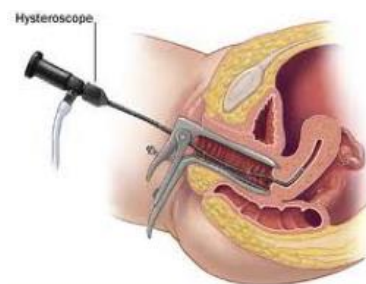
## WHAT SHOULD YOU DO AFTERWARDS?

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?

You will receive the test results in 1-2 weeks

## WHO CAN I CALL WITH QUESTIONS?

You are welcome to call Kvindeklinikken during telephone hours on 36 46 71 40.

Revised September 2022. To be revised on an ongoing basis and certainly no later than September 2025, before in case of any significant changes.

Kvindeklinikken København | Gynaecologists Hoffmann & Ribbjerg | Degnemose Allé 2A 1., 2700 Brønshøj TLF: 36 46 71 40 | [www.kvindeklinikkenkbh.dk](http://www.kvindeklinikkenkbh.dk)