

Preparing for Hysteroscopy

What is hysteroscopy?

Hysteroscopy is a minimally invasive medical procedure that allows your provider to look inside your uterus in order to diagnose and treat causes of abnormal bleeding. Polyps and fibroids can be removed at the time.

How is hysteroscopy performed?

Your provider will review your medical history and together you will determine if the procedure can be done in our office or in the hospital under anesthesia. Similar to a Pap smear, a speculum is placed into the vagina, allowing the cervix to be seen. The cervix and vagina are cleaned with a Betadine solution to minimize risk of infection. The cervix is numbed using a local anesthetic. You may feel a pinch and a burning sensation when the anesthetic is injected.

A clamp is placed on the cervix to help keep the uterus still. Your cervix will be dilated (opened) so that the hysteroscope can be inserted. The hysteroscope, a thin lighted tube, is inserted into your vagina and through your cervix into your uterus.

Liquid solution is then sent through the hysteroscope and into your uterus in order to gently expand the uterine cavity and clear it of any blood or mucus. This will allow your provider to get a good view of the inside of your uterus, including the lining of the uterus and the entrance of the fallopian tubes.

Surgical instruments can then be inserted through the hysteroscope to remove any polyps, fibroids, or tissue that appears abnormal.

How should I prepare for the procedure?

If you still get your menstrual period, we will do a urine pregnancy test on the day of the procedure so please come to your appointment prepared to give a urine sample (we only need a few drops).

We recommend taking Ibuprofen or Tylenol 30 minutes before your scheduled appointment. You can eat, drink, and take your regular medications. Please avoid any vaginal creams/suppositories or sex 24 hours prior to the procedure.

What can I expect after hysteroscopy?

You may have some cramping afterwards. This should improve within 30-60 minutes. You can take additional doses of ibuprofen as needed.

You can also expect light bleeding afterwards. We recommend avoiding douching, using tampons, or having sex for the next 24 hours. You should be able to return to normal activities right after the procedure.

Results are typically back in 7-14 days. You can see your results on the portal. Our office will reach out to you within this time frame for any abnormal results that need further management.