



## Hysteroscopy

### **What is a Hysteroscopy?**

Hysteroscopy is a procedure used to look inside the uterus. This is done by inserting a thin telescope (hysteroscope) through the cervix and into your uterus. Salt water flows into the uterus once the hysteroscope is in place. This opens the uterine cavity and creates a clear picture.

### **When is it used?**

Your doctor may suggest a hysteroscopy if you have irregular or heavy menstrual periods, frequent miscarriages or difficulty getting pregnant. It may be used to investigate unusual findings on an HSG (xray of the uterus and tubes). A hysteroscopy can also be sometimes used to treat a problem like removing abnormal tissue. It is also something done prior to fertility treatment involving an embryo transfer.

### **What are the risks?**

There are minimal risks from a hysteroscopy. There is a slight risk of infection (less than 1%) which is usually minor and can be treated with antibiotics. If you experience sharp abdominal pain, an increase in vaginal bleeding or a foul smelling discharge, please contact the clinic immediately. To lessen the chance of infection, do not use tampons or put anything into the vagina for at least one day after the procedure, or until the bleeding stops. We also suggest you refrain from intercourse for 1 day after the hysteroscopy.

**What happens after a Hysteroscopy?** A hysteroscopy takes about 15 minutes. Many women feel some cramping as the hysteroscope goes into the uterus. After the procedure you will have some watery discharge from the salt water and a small amount of bleeding. This can last from one to two days following. After the hysteroscopy, you can resume normal activities.

**How to prepare for the Hysteroscopy?** Taking 400-600mg of Ibuprophen (Advil or Motrin) 30-60 minutes before the procedure will lessen the discomfort during the procedure. You will be asked to sign a consent form prior to the procedure. It is important that you are not pregnant or bleeding when the doctor performs the hysteroscopy. If you think that you may be pregnant or bleeding, please call the clinic to reschedule or cancel the procedure.

**How to book a Hysteroscopy?** On the first day of your period, call us at 250-861-6811 between 8:30 am and 4:30pm and book the appointment with our Medical Office Assistant. If your period starts on the weekend, leave a message and we will contact you by the next working day. Hysteroscopies are booked on a first come/first served basis. We cannot guarantee a booking on any certain day but we will do our best to assist your schedule. The procedure is booked between Day 7 and 11 of your cycle at Kelowna Regional Fertility Centre by Dr. Wise. Please call the clinic if you have any questions or are ready to book your appointment.

**Please abstain from unprotected intercourse from day 1 of your period until after your hysteroscopy**