

Mr John Latimer MD MRCOG FRANZCOG

Consultant Gynaecologist & Oncologist

Outpatient Hysteroscopy

First Visit:

- Welcome to Outpatients.
- You have been referred to Mr Latimer by your doctor following a problem with your periods or post-menopausal bleeding.
- The purpose of the clinic is to identify the cause of your problem and start treatment (if necessary) in just one visit.
- So that we can help you, Mr Latimer will talk with you about your symptoms and complete a history sheet.
- You will then be seen and examined by Mr Latimer.
- If you wish to speak to a nurse before your appointment please call the clinic on either (01223) 370922 (Nuffield Hospital) or (01223) 266990 (Cambridge BUPA Lea Hospital).

What is hysteroscopy?

Hysteroscopy allows a doctor to look into the uterus (womb) using fine telescope called a hysteroscope.

The hysteroscope is passed gently through the cervix (neck of the womb) itself. A local anaesthetic injection may be given.

You can watch the procedure on a TV screen if you wish.

During the examination you will lie on a couch with a nurse by your side and have a speculum examination (like when you have a smear test). Gently the hysteroscope will be passed inside the womb. At this time a few women experience some crampy period type pain which will pass.

How long will it last?

About ten minutes, to allow Mr Latimer to inspect the lining of the womb and take a biopsy, a sample of tissue, if necessary. If you are having a polyp removed, this may add another ten minutes.

Hysteroscopy may be performed even if you are bleeding between periods, or if you are having a period.

What happens afterwards and how will I feel?

You can sit down and relax while Mr Latimer writes in your notes. Mr Latimer will talk to you about the results of your hysteroscopy and the next step in your treatment. You should feel well enough to walk, travel by bus or train – or to drive home, provided you haven't been given any sedation.

At home

- You will need to rest for the day
- You may experience some spotting or fresh blood loss that will require a pad.
- You may need to take some painkillers, eg Paracetamol (no more than the recommended dose).
- You will be notified of any follow up by us or your GP.
- If you have any heavy bleeding or are worried following your appointment, telephone Mr Latimer's secretary on (01223) 306986. Alternatively, you may speak to a clinic nurse on (01223) 370922 (Nuffield) or (01223) 266990 (Lea).