

Diana Health

What to Expect During a Hysteroscopy

At Diana Health, we care about your physical and emotional health and experience. As you prepare for your hysteroscopy, you may have a variety of questions about what to expect and how to prepare for your procedure. Below is some information that will help you better understand what a hysteroscopy is, the surgical procedure itself, and routine pre and post-operative instructions.

What is a Hysteroscopy?

A hysteroscopy is a surgical procedure where your doctor uses a device with a camera (a hysteroscope) to see inside of your uterus (womb).

Why may I need a Hysteroscopy?

Hysteroscopies are done for a variety of reasons. Some include heavy or irregular bleeding, bleeding after menopause, an ultrasound that shows a possible polyp, fibroid, or thickened lining of the uterus, as well as other less frequent indications.

Pre-Operation (Pre-Op) Instructions

Prior to your surgery you will talk with your doctor as well as one of the Diana Health nurses or medical assistants to ensure that you understand how to best prepare for your hysteroscopy. Ideally we like for you to be as healthy as possible prior to your surgery, so try to eat foods that nourish you, get adequate physical activity (but don't start a vigorous new exercise routine), and get plenty of sleep.

- ✦ A prescription may be sent to your pharmacy for you to fill prior to your surgery so that you have the medication available once you return from the hospital.
- ✦ Also, you will want to bring a support person with you to the surgery so that they can talk to your healthcare provider after the procedure and be there to help you remember any follow-up instructions as well as drive you home when you are discharged.
 - Decide who will be driving you to and from your surgery.
 - Leave all valuables at home.
- ✦ Most likely, you will be asked to not eat or drink anything after midnight the night prior to your surgery.
- ✦ The morning of your surgery, take a shower but do not shave.
 - Wear comfortable clothes that are not restrictive so that they can easily be put on after surgery and won't be constrictive, especially around your abdomen and pelvis.
 - Remove any jewelry or piercings as these are best to leave at home.
 - If you wear contacts, bring or wear your glasses instead.

Hysteroscopy Recovery

The recovery from the procedure depends upon why the hysteroscopy was performed, if any other procedures were done, your personal health condition, and the circumstances surrounding your procedure. You will stay in the recovery area until you are comfortable and ready to be discharged home with an adult who can drive you home.

- ✦ After returning home, the recovery period continues. Your doctor will let you know when you can resume your normal physical activities. You will be told to abstain from sexual intercourse and vigorous exercise for two weeks. You should also avoid using a tampon for two weeks. You will be advised to avoid submerging yourself in water (swimming or bathing) for one week, unless otherwise specified by your provider.
- ✦ If needed, your doctor will send you home with medications to help you with pain management during recovery. If you have any problems after going home such as a temperature greater than 100.4 degrees, heavy bleeding (soaking a pad an hour), severe pain or other concerns, you should contact Diana Health immediately. Make sure to keep your post-operative follow-up appointment with your Diana health provider.