

Discharge advice

Pain relief: You may get some discomfort for the next 1-2 days. You may find Panadol helpful as pain relief. If this does not control the pain contact your G.P who may prescribe something stronger.

Preventing and detecting infection: We recommend that you

- Complete taking any antibiotics that have been prescribed for you.
- Use sanitary pads rather than tampons until the bleeding has stopped
- Avoid sources of possible infection such as spa pools and swimming pools until at least a week after the procedure or until bleeding has stopped.
- Contact your G.P straight away if you develop flu like symptoms, have a temperature over 38 degrees C, have pain or difficulty passing urine or if bleeding becomes heavy and you pass clots or have smelly vaginal discharge.

Sexual Activity: We advise you not to have sexual intercourse for 2 weeks or until the bleeding has stopped.

Driving and returning to work: We advise you not to drive for 24 hours after the procedure and recommend you take one to two days off work after the procedure

Follow up appointment: You will be given an appointment for the gynaecology outpatient's clinic at Greenlane Clinical Centre to discuss the results of the procedure and any further treatment that may be necessary.

Gynaecology Service,
National Women's
Updated June 2006

NWH2844/006

Hysteroscopy with (D&C)

Information for women

**Welcome to the National Women's Gynaecology Service
Tena Koe Noho Ora Mai**

A Hysteroscopy with D&C (dilation and curettage) is the technique used to investigate any unusual bleeding.

Hysteroscopy allows the doctor to look directly into the uterus. A thin telescope called a hysteroscope is inserted into the uterus. This allows the doctor to inspect the uterine cavity and the fallopian tube openings.

The D&C (dilation and curettage) describes the process where the cervix, (entrance to the uterus) is stretched or dilated. This allows the passage of instruments used for looking inside the uterus and removing a sample of the lining. Curettage is the name of the procedure where some of the uterine lining is scraped off and checked in the laboratory to check it is healthy.

Polyps and small fibroids may also be removed from inside the uterus during this procedure. The tissue that is removed is also sent to the laboratory for examination.

The procedure can be done either under a general anaesthetic in theatre so you will be asleep during the procedure, or using a local anaesthetic with sedation, which means you will be awake, but relaxed and sleepy during the procedure.

Pre-admission clinic

You will receive an appointment to attend a preadmission clinic where you will be seen by an anaesthetist, a doctor and a nurse. These three health professionals will discuss the procedure and anaesthetic and give you specific instructions about the day of your surgery.

- **It is important to arrange for someone to drive you home after your surgery.**
- **Please let us know if you need a medical certificate for time off work**

Complications

Although uncommon, possible complications when having a hysteroscopy include difficulties with carrying out the procedure such as, perforation of the uterus, excessive bleeding and infection. This will be discussed with you before the procedure and there will be an opportunity to ask any questions and discuss any concerns you have.

If you wish to discuss matters relating to your hospital admission or the procedure in general, please feel free to ring a nurse in the Gynaecology outpatient clinic on 307 4949 ext. 27231

