GYN-KBH.DK

Hysteroscopic examination of the uterine cavity

You are going to a hysteroscopic examination of the uterine cavity. The purpose of the procedure is to examine the lining of the uterus to detect any cause of abnormal bleeding, examine and remove polyps or diagnose the cause of infertility or repeated miscarriages.

Here you can read more about the examination and what you should be aware of.

The examination takes place under local anesthesia. A small hysteroscope will be inserted through the vagina into the uterine cavity. The uterine cavity is injected and rinsed with saline through the hysteroscope to expand the uterus for a better view. Through the hysteroscope the doctor will be able see the lining of the uterine cavity. If a polyp, a fibroma or a septum is detected under the procedure it may be removed immediately with the use of the hysteroscope. However, in some cases this will not be possible, and a new appointment will be required to complete the procedure.

Before the examination

During the examination the uterus can contract, which will feel like period cramps. To ease the pain, you should take 1000mg paracetamol and 400mg ibuprofen 1 hour before the examination.

If the examination is preformed due to difficulties with getting pregnant, it is important that you are not on your period. If you are menstruating on the day of the examination, please call us as soon as possible to reschedule the examination for another time.

If you are pregnant the examination cannot be performed. Hence, if the examination is to take place later than 12 days after your first day of menstruation it is important that you use a method of contraception to avoid pregnancy.

If the examination is preformed because of abnormal bleeding, the examination can take please even if you are bleeding, as long as it is not a heavy flow.

After the examination

After the examination, you may experience light bleeding and mild abdominal pain and cramping similar to period pain. You can take a pain reliever for the pain in the form of 1000mg paracetamol and 400mg ibuprofen every 6-8 hour on the first day.

You may also experience cramping and vaginal bleeding for a few days after the examination depending on the procedure that has been taking place.

Contact the clinic or your own doctor if you experience a fever, severe abdominal pain, or heavy vaginal bleeding or discharge.

You may shower as normal but should avoid baths, spas and swimming in swimming pools and the sea for the first 2 weeks due to the risk of infection. Additionally, you should avoid having sex or use a condom for the first 2 weeks to reduce the risk of infection.

When will you get the results?

Approx. 2-3 weeks after your examination, you will receive the results from the clinic for the removed and examined tissue.

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