

HYSTEROSCOPY, CURETTE & INSERT MIRENA

PATIENT DISCHARGE INFORMATION

ABOUT THE PROCEDURE:

- A hysteroscopy is an operation performed to visualize the uterine cavity with a camera. A curette is a procedure to lightly scrape the womb lining.
- Problems that may require this procedure include abnormal menstrual bleeding or heavy bleeding (menorrhagia), polyps, suspicion of uterine cancer, investigation of infertility, or early pregnancy loss.
- A Mirena is an intra-uterine contraceptive device that slowly delivers low dose hormone into the uterus. It is used as a contraceptive or to control menstrual flow and pain.
- You may require this procedure if you need reliable contraception or if you have abnormal menstrual bleeding, polyps or suspicion of uterine cancer.
- A Mirena can stay in place and be effective for five years.

FOLLOWING THE PROCEDURE:

- Please allow 24 hours recuperation to alleviate muscle aches and pains that can occur following an anaesthetic.
- Do not drive for 24 hours following a general anaesthetic.

It is Normal to Expect:

- Some vaginal bleeding, similar or lighter than your normal period. Spotting/light bleeding is expected to continue as the Mirena settles in and can last up to six months, but should become noticeably lighter and less frequent over time.
- You may experience cramps similar to period cramps.
- To be able to return to work at day two post surgery.

MANAGING PAIN POST OPERATIVELY:

- It is recommended that you use Panadol/Panadeine and/or Ibuprofen as prescribed or directed.

HYGIENE:

- Shower as normal. Do not swim in pools, use baths or spas until the bleeding/discharge ceases.
- Sanitary pads/liners should be used and changed regularly. Do not use tampons.
- Abstain from sexual intercourse and do not insert anything in the vagina until the bleeding/discharge ceases.

IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS:

- Increasing abdominal or pelvic pain that is not eased by pain relief medication.
- You are concerned about the amount or duration of bleeding.
- Your vaginal discharge is offensive.
- You have any problems voiding eg. pain or burning on passing urine, the need to pass it frequently, or increasing difficulty in emptying the bladder.
- Nausea/vomiting that does not settle.
- You have a fever or chills.

Please seek immediate help as follows:

1. During Care Gynaecology office hours of 9am to 5pm Monday to Thursday and 9am to 4pm Fridays, contact Care Gynaecology: Phone (02) 6058 6188 and dial 2 to speak to the Practice Nurse.
2. Outside of Care Gynaecology office hours contact the hospital you attended for your surgery:
Albury Wodonga Private Hospital: Phone (02) 6041 1411 (open 24 hours per day, 7 days per week)
Insight Private Hospital: Phone (02) 6058 0800
3. Contact your normal GP or
4. If you have further concerns, present to the Albury Wodonga Health (Wodonga Hospital) Accident and Emergency Department.

Note: Albury Wodonga Health (Albury Hospital) Accident and Emergency Department does not have gynaecology services.

POST OPERATIVE FOLLOW UP:

- You will receive a follow up phone call from our Practice Nurse approximately seven days following your procedure to check on your progress and discuss your pathology (if applicable).
- If everything is progressing well, you will not need to be seen by your specialist until three months post operatively.