

**HYSTEROSCOPY / HYSTEROSCOPY & CURETTE**

**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.

**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. It should taper down and become lighter and darker 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. burning or passing urine, the need to pass it frequently, or increasing difficulty emptying the bladder.
- Nausea/vomiting that does not settle.
- You have a fever or chills.

### **Please seek immediate help as follows:**

1. During 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. Contact the hospital you attended for your surgery:  
Albury Wodonga Private Hospital: Phone (02) 6041 1411  
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).
- You will have a post-operative appointment with your specialist to check on your recovery (usually at six weeks post surgery).