



Hysteroscopy

Hysteroscopy is a medical procedure performed to examine the interior of your uterus. It aids in identifying the underlying causes of uterine issues, enabling your provider to determine the most appropriate course of treatment. Additionally, in certain cases, hysteroscopy can be utilized for therapeutic purposes. This procedure can take place in our office, an outpatient surgery center, or a hospital setting.

Why Might Hysteroscopy Be Necessary?

Hysteroscopy may be recommended based on the findings of previous tests to diagnose various uterine problems, including:

- Unusually heavy or prolonged menstrual periods
- Bleeding between periods
- Postmenopausal bleeding
- Difficulty conceiving or maintaining a pregnancy
- Locating an intrauterine device (IUD)

Understanding the Risks and Complications:

While complications are rare, all medical procedures carry some degree of risk. Potential risks associated with hysteroscopy include:

- Infection
- Bleeding
- Uterine wall tears
- Damage to internal organs
- Uterine scarring
- Fluid overload
- Anesthesia-related issues

Preparing for Hysteroscopy:

Prior to the procedure, it's important to

- Inform us about any existing health conditions, such as diabetes, high blood pressure, heart disease, or bleeding disorders.
- Disclose all medications you are currently taking, including over-the-counter drugs, prescription medications, vitamins, herbs, or supplements.
- Follow any instructions provided regarding abstaining from food or drink prior to the procedure.
- Undergo pregnancy and infection screenings if recommended.
- Be prepared to sign a consent form and possibly take a pain reliever before the procedure to manage potential discomfort.

What to Expect During the Procedure:

During hysteroscopy

- You'll be positioned on an exam table with your feet in stirrups.
- You may receive general anesthesia or sedatives to help you relax.
- A speculum is inserted into the vagina to hold it open, followed by the insertion of a hysteroscope—a thin, illuminated tube with a camera—to visualize the uterus.
- Numbing medication may be applied to the cervix, and the uterus may be filled with gas or fluid for better visibility.
- Additional instruments may be passed through the hysteroscope for tissue sampling or growth removal.

Post-Procedure Care:

After hysteroscopy

- Expect some cramping and bleeding, which is normal. Use pads instead of tampons.
- Avoid douching or using tampons until cleared by your healthcare provider.
- Refrain from using vaginal medications until instructed otherwise.
- Consult your provider about resuming sexual activity.
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When to Seek Medical Attention:

Contact our office if you experience

- Heavy bleeding (more than one pad per hour for two or more hours)
- Fever above 100.4°F (38.0°C)
- Increasing abdominal pain or soreness
- Foul-smelling discharge

Follow-Up Care:

- Schedule a follow-up appointment with your healthcare provider to review test results and discuss further treatment options. Be sure to adhere to any post-procedure instructions and attend all scheduled appointments.

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