

## Why is a Hysteroscopy performed?

A hysteroscope is a lighted flexible telescope, which has been scaled to size so passage through the cervix into the uterus occurs relatively easily. Hysteroscopy is a diagnostic procedure, which allows the direct visualization of the cervical canal and internal uterine cavity. This may reveal defects, which may cause fertility problems such as polyps, fibroids, tumors, scar tissue or congenital abnormalities. Hysteroscopic findings complement the results of the Hysterosalpingogram (HSG) by providing details of any abnormalities detected.

## When is a Hysteroscopy scheduled?

It is necessary to schedule the hysteroscopy at the time between the complete cessation of menstrual flow and before expected ovulation. Your doctor will determine the most appropriate time for the hysteroscopy based on your menstrual cycle length. It is typically performed between days 6-10 of the cycle.

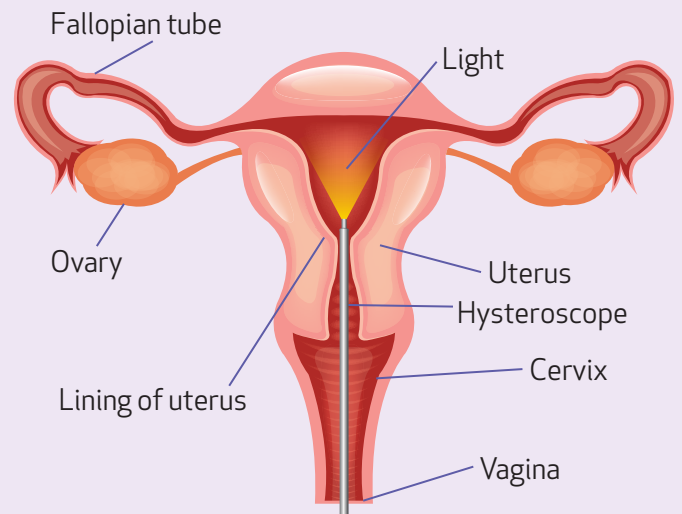
## Where is the procedure performed?

The doctor performs the procedure in our office in the comfort of our hysteroscopy suite. The appointment for a hysteroscopy procedure will last approximately 30 minutes. The actual instrumentation usually takes only a few minutes.

## What is involved?

The hysteroscopy entails placing a speculum in the vagina to allow access to the cervix. The vagina will be cleansed with an antibacterial solution. The flexible hysteroscope will then be channeled through the cervical canal. Small amounts of saline will be used as distending media to better visualize the uterine cavity. Occasionally, a grasping instrument is used on the cervix to immobilize it and straighten the cervical canal – local anesthesia is then utilized to minimize your discomfort.

After the procedure, the instruments will be removed. If necessary, a tampon may be placed in the vagina to contain the small amount of bleeding related to the procedure.



## How to prepare for Hysteroscopy

On the day of the procedure, you may have meals, but eat lightly. Approximately 30 minutes before your appointment take 600 – 800 mgs of either Advil or Motrin (Ibuprofen) or 220-440 mg of Aleve (Naproxen).

- Please notify us of any allergies.

## Post Procedure Instructions

- If a tampon has been inserted, please remove it 3 hours after procedure.
  - Avoid sexual intercourse for 48 hours or until spotting has stopped.
  - Call our office if you experience heavy vaginal bleeding, fever or foul-smelling discharge.
- Remember it is common to have spotting for a day or two after the procedure.

Please do not hesitate to call our office if you have any questions about symptoms you are experiencing.

## Insurance questions

Most commonly a hysteroscopy is considered part of the diagnostic evaluation. Our administrative staff will be happy to assist you in clarifying your coverage and patient responsibility.