

Diagnostic hysteroscopy

Gynaecology

You have an appointment for a hysteroscopy. In this folder you can read more about this examination, how to prepare, and what you can expect.

What is a hysteroscopy?

A hysteroscopy is an examination in which the doctor uses a thin tube with a camera (the hysteroscope) that is inserted through the vagina and the cervix. This allows the doctor to see the inside of the womb clearly and assess it.

When is this examination done?

A hysteroscopy may be needed if you have:

- Heavy bleeding during or between periods
- Bleeding after menopause, more than one year after your last period
- No period after a curettage
- Reduced fertility
- Abnormal findings on an ultrasound
- Polyps or a small fibroid in the womb
- IUD strings that are not visible

Before the examination

You do not need to fast. We advise you to eat beforehand. Please tell us if you have any allergies or sensitivities. We advise you to bring someone with you, because you may have cramping stomach pain afterwards.

We prefer to schedule the examination when you are not menstruating. If you use the contraceptive pill, the examination can take place on any day that you take the pill. If you are not on the pill, the first half of your cycle is most suitable, especially if you want to become pregnant. During the examination, there must be no chance of pregnancy, so use extra contraception if needed.

If you are pregnant or think you may be pregnant, please tell us beforehand.

When the appointment is made with you, you receive a prescription for Naproxen for pain relief before the examination. Take one tablet the evening before and one tablet one hour before the examination. If you cannot take Naproxen or are allergic, we will look for an alternative together.

The examination

Before the examination, you will be asked to remove your underwear. You sit in the examination chair. The doctor inserts the hysteroscope through the vagina and finds the cervix. Then the doctor carefully enters the womb.

To get a clear view, the womb is filled with warm fluid. Sometimes the cervix needs to be stretched a little. This may feel like a menstrual cramp. You usually receive local anaesthetic in the cervix with a very thin needle. Most women hardly feel this.

The doctor then moves the camera further into the womb. If you like, you can watch the procedure on a monitor.

Duration of the examination

The examination takes about 15 minutes.

After the examination

After the examination, you may have bleeding or bloody discharge for a few days. This is normal. As long as you have bleeding, the advice is not to have sex, not to use tampons, and not to take a bath or go swimming. Showering is fine. If needed, a follow-up appointment will be planned in consultation with the doctor.

Possible complications

The chance of complications is small. Possible complications are:

- Perforation: a small hole can be made in the wall of the womb. This usually heals on its own. The procedure is then stopped and repeated later. Sometimes antibiotics are needed.
- Bleeding: a bleeding may occur. This is usually treated immediately. Sometimes a later bleeding can happen.
- Infection: an infection can occur. Sometimes antibiotics are needed.
- Intravasation: a small amount of fluid may enter a blood vessel. The procedure is then stopped and repeated later.

Contact the clinic if you:

- Have a fever above 38 degrees and increasing stomach pain.
- Have abnormal vaginal discharge, for example if the colour changes or there is a strong smell.
- Lose more blood than during a normal period, or if you are unsure about the amount.

Resuscitation

All patients at DC Klinieken will be resuscitated in an emergency situation. If you have a “do not resuscitate” statement, or if you have discussed with your doctor that you do not want to be resuscitated, it is important that you inform us.

Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, go to: www.dcklinieken.nl/contact or contact our Service and Information Centre at 088 0100 900.