

Therapeutic hysteroscopy

Gynaecology

You have an appointment for a therapeutic hysteroscopy. During this treatment the doctor looks inside the uterus and can remove small abnormalities immediately. The goal is to reduce symptoms such as irregular bleeding or problems with fertility. In this folder you can read more about the treatment.

What is a therapeutic hysteroscopy?

A therapeutic hysteroscopy is an examination of the inside of the uterus in which the doctor can also treat problems right away. The doctor uses a thin tube with a camera (hysteroscope). This goes through the vagina and the cervix into the uterus. In this way the doctor can remove polyps, retained tissue or small fibroids.

Before the treatment

You do not need to fast before the treatment. We advise you to eat beforehand. Tell us if you have any allergies or sensitivities. We recommend that you bring someone with you because you may have cramping abdominal pain after the treatment.

We prefer to plan the treatment when you are not on your period.

If you use the contraceptive pill, the treatment can take place on any day that you take the pill.

If you do not use the pill, the first half of the cycle is most suitable, especially if you wish to become pregnant. There must be no chance of pregnancy during the examination, so use extra contraception if needed. If you are pregnant or think you may be pregnant, tell us before the treatment.

When we schedule the appointment, you will receive a prescription for Naproxen to take before the procedure. Take one tablet the evening before the treatment and one tablet one hour before the appointment. If you cannot use Naproxen or are allergic to it, we will look together for an alternative.

The treatment

Before the examination you will be asked to remove your lower clothing. You sit in the examination chair. The doctor places the hysteroscope in the vagina and finds the cervix. Then the doctor goes carefully into the uterine cavity.

Sometimes the cervix needs to be widened a little for this treatment. The doctor will discuss with you whether you want local anaesthesia. A small instrument is then placed in the vagina. You receive local anaesthesia of the cervix. After this the cervix is gently widened with small rods. This can feel like menstrual cramps.

The uterine cavity is filled with warm fluid so the doctor can see clearly. Abnormal tissue can be removed immediately. This is done with a small instrument that goes through the hysteroscope. If you want, you can watch the procedure on a screen.

Duration of the treatment

The treatment takes about 30 minutes.

After the treatment

After the examination you may have bleeding or bloody discharge for a few days up to two weeks. This is normal. As long as you have bleeding, we advise you not to have sex, not to use tampons and not to swim or take a bath. Showering is fine. A follow-up appointment will be planned if the doctor thinks it is needed.

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.