

Gynecological outpatient procedure

Why are outpatient procedures performed?

It is possible to perform a hysteroscopy as an outpatient procedure. This is used to investigate causes of bleeding disorders or the anatomy of the womb. It is also possible to remove a polyp (a benign growth in the mucus membrane of the uterus) or intrauterine fibroids (benign muscle tumors of the uterus), take samples, and insert and/or remove an IUD during a hysteroscopy.

Other small operations can also be performed as outpatient procedures, such as minor operations to the external genitalia. Endometrial ablation can also be performed as an outpatient procedure under local anesthesia.

Preparing for the procedure

If laboratory tests are required beforehand, a referral is included with your appointment letter, as well as instructions for the laboratory tests and how to make an appointment at the laboratory. You should visit your municipal health center's laboratory about a week before your outpatient procedure appointment.

Please note that the optimal time to perform a hysteroscopy is at the beginning of the menstrual cycle, after the bleeding has stopped!

You can receive a call from a nurse who goes over the instructions with you by phone the workdays before your procedure. If you have any questions about the procedure, do not hesitate to contact the hospital!

On the day of the procedure

Eating and drinking:

You can eat and drink normally before the procedure.

At home medication:

You can take your medication normally, unless you have received separate instructions to the contrary.

Premedication:

If possible, take **800 mg of ibuprofen and 1 g of paracetamol** as premedication before arriving to the hospital. The medication alleviates pain, lessens the uterine contractions and makes the procedure easier to perform.

The procedure

Outpatient procedures are performed in the procedure room at the outpatient surgery unit. Localized anesthesia can be used if required. The procedure can last anywhere from a few minutes to up to about half an hour.

After an outpatient procedure

Usually, an outpatient procedure does not require observation at the hospital. You can experience pain similar to menstrual pain in your lower abdomen, which you can alleviate with painkillers if necessary.

Postoperative bleeding varies from person to person and it can last for 2 to 10 days. Due to a risk of infection, avoid intercourse, using tampons or menstrual cup, swimming, and bathing in a bathtub during the bleeding.

You will not be needing sick leave after the procedure, but you can receive a proof of hospitalization, if you wish.

Receiving the test results and possible follow-up care is arranged on a case-by-case basis, as previously agreed with you.

Contact the unit where your procedure was performed

If the postoperative bleeding becomes heavy or develops a foul smell, or you develop lower abdominal pain or fever.