

Inspection of the uterine cavity by endoscopy

These instructions are intended for printing. The instructions contain sections to be filled in.

Hysteroscopy is performed when an abnormality in the uterine cavity is suspected. Such abnormalities include myomas (muscle tumours) or polyps (tumours protruding from the mucous membrane).

Procedure

Hysteroscopy is carried out under general anaesthesia if needed. The uterine cavity is inspected via the vagina, and possible abnormalities can be removed or a sample taken. If necessary, curettage of the uterus is performed.

Recovery

You may experience minor vaginal discharge for 1–2 weeks. Due to a risk of inflammation, you should avoid intercourse, swimming, bathing, and using tampons during that time. You should shower the genital area and change the sanitary pad often enough. The next menstruation usually comes within 4–6 weeks. The following few periods may differ from normal in the amount of bleeding and pain, especially if curettage was also performed.

Treatment of pain

Usually non-prescription painkillers are enough for home treatment. Take the medication prescribed by your doctor according to instructions.

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

Follow-up visit at the Gynaecological Outpatient Clinic, with your gynaecologist, or at your health centre after 1–2 months. The histological diagnosis will be sent to you by mail.

Sick leave is 2–3 days after a hysteroscopy. If an operation is also performed, the sick leave is 3–5 days.

Contact us

If you experience inflammatory symptoms (fever, severe abdominal pain, foul-smelling vaginal discharge) or heavy vaginal discharge and clotting, contact your health Centre or occupational health Centre.

Gynaecological Outpatient Clinic on working days from 14.00–15.00, telephone 06 213 2012

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.