

HYSTEROSCOPY, DILATION AND CURETTAGE (D&C)

Hysteroscopy is a simple procedure performed to investigate a number of symptoms including abnormal periods, abnormal thickening seen on ultrasound and post menopausal bleeding.

A small medical telescope is passed through the vagina and into the uterus and no incisions are required. Sterile fluid is used to look inside the uterus and a sample of the uterine lining is taken (curettage). If any abnormality is seen (such as a polyp or tumour) that will also be removed or sampled and then sent to be investigated.

The procedure takes 10-15 minutes and you will usually only be in hospital for the day.

Are there any complications?

- ☐ An infection may occur after the procedure, if there is very heavy bleeding (more than a normal period) please contact your local doctor or Dr Higgs' rooms for antibiotic treatment.
- ☐ A perforation (hole) can be made through the uterine wall. This will usually heal without any further treatment, but you may need to stay in hospital overnight for observation.
- ☐ If a perforation does occur, rarely the bladder, bowel or large vessels in the abdomen can be damaged. This would then require an immediate laparotomy (cut through the abdomen) to repair any damage. This requires longer hospitalisation and recovery. This complication is very rare.
- ☐ General risks of having an operation including the anaesthetic, pain and discomfort, infection in the surgical site or urinary tract, clots in the legs which can travel to the lungs, lung infections, stroke and heart attack.

Recovery time

- ☐ Most women stay in hospital for the day only.
- ☐ You will need someone to drive you home if you have a general anaesthetic.
- ☐ You will have some vaginal bleeding for a few days after the procedure. If the bleeding becomes very heavy or if you are concerned that you may have an infection, please see your own local doctor or call Dr Higgs' rooms.
- ☐ Some women will have some lower abdominal cramping after the procedure and need some pain relief (usually paracetamol will be all that is required).
- ☐ You will be able to return to normal activities the next day.

If you have concerns following the surgery, please phone Dr Higgs' rooms on 07 53155361 or contact Buderim Private Hospital (07 5430 3303) and ask to speak to a nurse on the surgical ward (Ward 1A or 4B).