



THE UNIVERSITY OF CHICAGO  
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY  
Section of Reproductive Endocrinology and Infertility

## **Office Hysteroscopy**

### **What is an office hysteroscopy?**

A hysteroscopy is a procedure in which the doctor uses a special narrow scope (hysteroscope) to look at the inside of your uterus. Hysteroscopy is performed to assess the uterine cavity in regard to its shape, presence of adhesions (scar tissue), retained tissue, polyps or fibroids. Hysteroscopy is sometimes performed to evaluate recurrent pregnancy loss, infertility or abnormal bleeding. If indicated, sampling of the endometrium or removal of tissue can be done following a hysteroscopy.

This procedure can be done on an outpatient basis and usually takes less than one half-hour to perform. It is usually done when you are not bleeding. Contraception should be used to avoid pregnancy prior to hysteroscopy.

### **Booking your office hysteroscopy**

The Scheduling Clerk at the D-CAM will book the hysteroscopy time for you. Alternatively, you can call the doctor's office at (773) 702-6642 to schedule the appointment. Please let the clerk know the date of your last menses (period). If you need to change your appointment, or you think you will be bleeding on the scheduled date, let us know as soon as possible so we can change the date.

- **The hysteroscopy cannot be done if you are bleeding.**
- **If you think you may be pregnant on the scheduled date, let us know so that the hysteroscopy can be rescheduled or cancelled.**

### **What do you need to do before the office hysteroscopy?**

The day of the procedure you can eat a light meal. **You must bring someone to accompany you home after the procedure.** Please advise the nurse if you are allergic to any medication so it can be avoided. If you are anxious, the nurse can give you medication to help you relax. If you use the medication, you must not drive for the rest of the day. During the procedure you might experience period-like cramps. You may want to take pain relief medication, such as ibuprofen 600-800 mg (Motrin or Advil) or naproxen 200-400 mg (Aleve) 30

minutes prior to your appointment to prevent or reduce these cramps.

### **What happens during the procedure?**

Hysteroscopy is done while you are sitting in a special chair with your legs in stirrups. The doctor inserts a speculum into your vagina to hold the walls of the vagina open so she or he can see the cervix. Sometimes the cervix needs to be gently opened before inserting the hysteroscope. Local anesthetic (freezing) may be used. Once the hysteroscope is inserted, salt water is used to expand the uterine cavity so the doctor can get a clear view. If you wish, you can see the inside of your uterus by looking at the video monitor.

You may get light-headed during or shortly after the procedure. Sometimes, medication is given to resolve or prevent this from happening.

### **Are there any risks?**

An office hysteroscopy is considered a very safe procedure. However, there is a set of recognized complications, some serious, which occur less than 1% of the time. These risks include:

- **Infection**
- **Trauma to the uterus**
- **Bleeding**

After the procedure, if you experience sharp abdominal pain, increasing vaginal bleeding, or a foul smell, contact your doctor immediately.

### **What can you expect after the office hysteroscopy?**

After the hysteroscopy you may have mild period-like cramps and/or some vaginal bleeding. If these symptoms persist for more than two days or increase, call the doctor at (773) 702-6642. Ibuprofen or naproxen can be used every 6 hours for cramps. Do not put anything, including tampons, into the vagina for at least one day or until the bleeding stops. Avoid intercourse for a few days.