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11 July 2017

Freedom of Information Act 2000

I am writing in response to your request for information made under the Freedom of Information Act 2000 in relation to Outpatient Hysteroscopy/Biopsy – patient information leaflet.

Please supply a copy of the Trust's (and any outsourced services) patient information leaflet(s) relating to outpatient hysteroscopy/biopsy

Please see the following leaflet:

Hysteroscopy

Information for patients

What is a hysteroscopy?

Hysteroscopy is a procedure for looking inside the womb. This can be done as an outpatient with or without local anaesthetic or as an inpatient under general anaesthetic. Outpatient hysteroscopy is suitable for most women but you and your doctor will decide which is most appropriate for you.

Maidstone Hospital

Hermitage Lane Maidstone

Pembury Hospital

Tonbridge Road Pembury

Why do I need a hysteroscopy?

Hysteroscopy is necessary for a wide variety of reasons.

- Abnormal bleeding
- Bleeding between your periods
- Bleeding after the menopause
- Heavy bleeding
- Irregular bleeding on HRT
- Locating or inserting coils
- Occasionally for infertility or recurrent miscarriages

Following hysteroscopy most women are reassured that all is normal and no further hospital admission or general anaesthetic is needed.

What will happen to me?

As an outpatient it is sensible to bring someone with you, so that you don't have to drive home yourself. You should then rest for the remainder of the day.

- If you are very nervous, see your GP or contact the hysteroscopy nurse or co-ordinator beforehand.
- Please let us know if you have a heart murmur or have had heart surgery.
- Before the procedure the hysteroscopist (doctor or specially trained nurse) will talk to you and answer any questions you may have.
- You will be asked to remove your clothes below the waist and wear a hospital gown.
- A trained nurse will be with you throughout the procedure.

During the procedure

- A speculum will be inserted into the vagina as for a smear.
- The hysteroscope (a thin telescope about the diameter of a drinking straw) is then inserted through the cervix (the neck of the womb) into the womb itself.
- In order to get a good view a small amount of gas or liquid is released through the hysteroscope to form a cavity; this ensures the hysteroscopist is able to see the whole of the lining of the womb.
- A biopsy (a little bit of tissue) from the lining of the womb may be taken at the time. Occasionally small polyps may be removed or cauterised under local anaesthetic.

After the examination, the hysteroscopist will discuss with you your future management.

Does it hurt and how will I feel after the hysteroscopy?

Most of our patients leave after the visit saying it wasn't as bad as they expected.

During the procedure, you may have some period type pain and some patients may experience some shoulder pain. Painkillers such as paracetamol and voltarol are available if necessary. There may be a small amount of vaginal bleeding lasting two to three days following the procedure. Please contact your GP if you are worried.

Is hysteroscopy safe?

Hysteroscopy is safe and complications are rare. Those that have been noted include:

- Minor injury to the cervix or uterus
- Infection
- Bleeding
- Adverse reaction to anaesthetic
- Perforation of the uterus is a possibility and rarely damage can occur to the bowel or bladder.

These are all temporary problems and are easily treated. There should be no long-term complications.

Advantages of outpatient hysteroscopy

- No unwanted side effects of general anaesthetic
- Ability to consult with the hysteroscopist during and immediately after the procedure.
- You will be able to go home almost immediately following the procedure.

Inpatient hysteroscopy

If you and the doctor decide this is best for you, then you will be sent an admission letter for day surgery. The procedure is same but you will be asleep while it is being carried out. You should be able to go home later that day providing you are well enough after the anaesthetic.

Any more questions?

This information leaflet will answer some of your questions but if there is anything else at all you would like to know, make a note of it and ask the nurse or doctor before or at the time of your appointment.

Contact phone numbers

Hysteroscopy secretary

Hysteroscopy nurse / co-ordinator

Further information and advice can be obtained from

NHS Direct

☎ 0845 46 47

NHS Direct online

www.nhsdirect.nhs.uk

Patient Advice and Liaison Service (PALS)

If you would like to comment on Trust services, have concerns or need information, you can contact the Patient Advice and Liaison Service (PALS). PALS will listen to your views and using a wide range of contacts and resources, help find ways of resolving any queries or difficulties. The PALS Officers can be contacted at Maidstone or Kent and Sussex Hospitals where the offices are situated in the main entrance, Monday to Thursday 9.00am to 5.00pm, Friday 9.00am to 4.30pm.

Telephone: Maidstone Hospital

☎ 01622 224960

Kent & Sussex and Pembury Hospitals

☎ 01892 632953

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