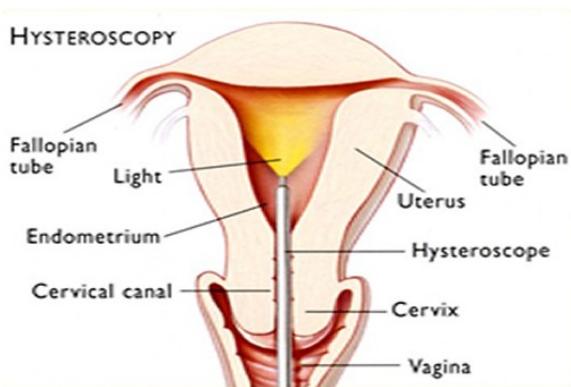


Office Hysteroscopy

WHAT IS A HYSTEROSCOPY?

Hysteroscopy is a procedure used to look inside the uterus. This is done by inserting a thin telescope (called a hysteroscope) through the cervix and into your uterus. Prior to inserting the hysteroscope, a small amount of local anaesthetic (freezing) is injected into the cervix. Salt water (saline) flows into the uterus once the hysteroscope is in place. This opens the uterine cavity and creates a clear picture on the TV monitor.



WHEN IS IT USED?

Your doctor may suggest a hysteroscopy if you have irregular or heavy menstrual periods, frequent miscarriages (lost pregnancies) or difficulty getting pregnant. It may also be used to investigate unusual findings on an HSG (x-ray of the uterus and tubes).

WHAT ARE THE RISKS?

There is a slight risk of infection (less than 1%) which is usually minor and can be treated with antibiotics. If you experience sharp abdominal pain, an increase in vaginal bleeding or a foul smelling discharge, please contact the clinic immediately. To lessen the chance of infection, do not use tampons or put anything into the vagina for at least one day after the procedure, or until the bleeding stops.

WHAT CAN I EXPECT AFTER A HYSTEROSCOPY?

Hysteroscopy takes about 15 minutes. Many women feel some cramping as the hysteroscope goes into the uterus. After the procedure you will have a watery discharge and a small amount of bleeding. This can last for one to two days. After the hysteroscopy you can resume regular activities.

HOW DO I PREPARE FOR THE HYSTEROSCOPY?

Please take 400-600 mg of ibuprofen (e.g. Advil®, Motrin® or generic ibuprofen) 30-60 minutes before your procedure. You will be asked to sign a consent form prior to the procedure.

It is important that you are **not pregnant and not bleeding** when the hysteroscopy is performed. If there is a chance that you may be pregnant or bleeding at the time of the procedure, please let us know as we may reschedule and/or cancel the procedure.

HOW DO I BOOK A HYSTEROSCOPY?

On the first day of your period, call us at (604) 879-3032 between 8:00 am and 3:30 pm. Press 0 to reach the switchboard and ask to speak to your doctor's secretary. If your period starts on the weekend or the secretary is unavailable, leave a message and we will contact you by the next working day.

Please note: hysteroscopies are booked on a first come/first served basis. We cannot guarantee a booking when you first call, but we'll do our best to assist you.

Your hysteroscopy appointment date and time is:
