

# ENDOSCOPIC HYSTEROSCOPY



SOURCE : [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

## INFORMATION FOR THE PATIENT

## Hysteroscopy

Hysteroscopy is an examination that allows the visualization of the interior of the uterus using a flexible tube called a hysteroscope.

The examination can:

- Evaluate whether there is a lesion in the uterus.
- Guide the doctor during the excision (removal) of lesions in the uterus (polyps or fibroids) or of an IUD.
- Complete a diagnosis that was established during medical imaging or a clinical examination.
- Evaluate the shape of a cavity in the case of infertility.

The examination can be requested if, among other things:

- You have:
  - Bleeding between periods or after sexual relations.
  - Vaginal bleeding after menopause.
  - An IUD impossible to remove, or to install, at the doctor's office.
- Lesions are suspected in your uterus.
- You are being examined for repeated miscarriages.

This examination is safe and healthcare professionals monitor you throughout the examination by ensuring, for example, that your blood pressure and blood oxygen level are adequate.

Don't hesitate to ask the healthcare professionals any questions before, during or after the procedure.

### **Confirming or cancelling your appointment**

We will phone you to give you the date and time of your appointment along with some instructions to follow.

If you are unable to come to your appointment, it is important to let us know at least 48 hours in advance by calling us (telephone numbers are on Page 6). That way, another patient on the waiting list will be able to take your place.

This postponement will be counted as a refusal by you and, if there is a third refusal or postponement, your request for an endoscopic examination will be cancelled and you will have to see your doctor again to assess the need to undergo this examination (directive from the ministère de la Santé et des Services Sociaux (MSSS), March 2021).





## Preparing for the examination

- Do not drink, eat, chew gum or suck on a candy after midnight except to take your medication with a sip of water and to brush your teeth.
- Remove any jewellery or piercing. We recommend that you leave them at home.
- Remove your contact lenses, nail polish, artificial nails and makeup.
- Keep your hearing aid.
- The morning of the surgery, take a shower using your own soap.
- Do not shave anywhere.
- Temporarily stop some of your medications, if so instructed.
- Insert medication in your vagina to dilate your cervix several hours before the examination, if so instructed.
- Bring a morning urine sample for a pregnancy test, if so instructed.
- Undergo the examination even if you have very light bleeding the day of the examination. If you have heavy bleeding, or if in doubt, call us to assess the situation and possibly postpone your appointment.
- If you receive medication to relax you (sedative) during the examination, you must be accompanied for your return home because you will not be able to drive for 24 hours. We will tell you if this applies to you.
- Inform the appointments clerk and the nurse of your state of health or if your medications have changed since your medical appointment.

### Bring with you:

- An up-to-date list of the medications you are taking.
- Your valid health insurance card.
- Your hospital card (if you do not have one, a new card will be given to you at Endoscopy, or you will have to go to Hospital Admissions to get one before your examination).
- Any relevant radiology documents in your possession (reports, CD, etc.).
- Sanitary napkins.
- A reusable bag for your belongings and non-slip slippers.



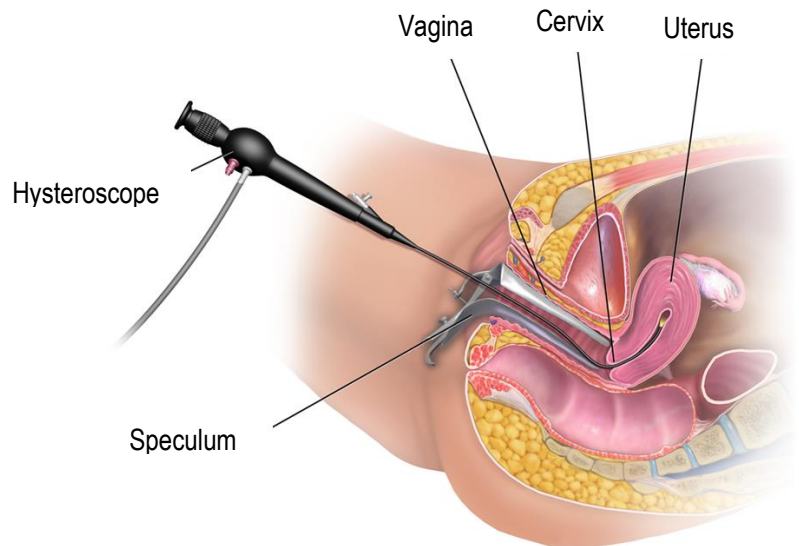
**WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.  
BRING MINIMUM PERSONAL EFFECTS.**

## How the examination is conducted

- All your clothes must be removed. You will then put on a hospital gown.
- Urinate before the examination to be more comfortable.
- Once in the examination room, a member of the team will tell you the best position to be in to facilitate the examination, while ensuring your greatest comfort.
- An intravenous catheter will be inserted in your arm to administer the medication required for the examination, one that will relax you (sedative). This will allow you to be lightly asleep during the examination.

The doctor will conduct the examination:

- The doctor will introduce a tube called a hysteroscope through the opening of your cervix and into your uterus.
- The doctor will see the images produced by a fibre optic (camera) projected on a screen.
- It is also possible to “burn” the inside surface of the uterus, called the endometrium, to stop or reduce menstrual flow.



## Biopsy

- During the examination, it is possible a biopsy will be performed.
- In this case, a different instrument from the hysteroscope will be introduced into the uterus to take a tissue sample.
- The sample will be sent to the hospital laboratory for analysis.

## Length of the examination

- The length of the examination depends on what is planned with your doctor and remains very variable based on the situation. On average, the examination lasts for 15 minutes.
- You will remain under observation for between 30 and 60 minutes after the examination, based on your situation. However, in some cases, if you receive a particular anesthetic, you might be kept under observation longer.



## ■ Instructions for the return home

- If you received medication to relax you (sedative), you must be accompanied for the return home as you cannot drive for a period of 24 hours after your examination. The person accompanying you must be easy to contact (have a cellphone with them).
  - Go to our website (Care and Services section, then Endoscopy) to consult and follow the instructions in the *Returning Home After a Sedation* pamphlet.
- You can shower but not take a bath for 3 days following the examination.
- There are no restrictions on physical activity except for swimming (pool, lake) or spa for 7 days, unless otherwise instructed by your doctor.
- Do not insert anything into your vagina (tampon, tablets, cream, Divacup™) for 7 days after the examination.
- You cannot have sexual relations with penetration for 7 days after the examination.
- You must monitor bleeding (maximum of one sanitary pad per hour).
- You will need to watch for heavy clotting.
- Note that these restrictions are to avoid an infection of the uterus, and they can last longer based on the procedure you undergo.

## ■ Possible side effects after the examination

- Watch for side effects of the examination. These post-examination symptoms are normal and should not worry you:
  - Feeling tired.
  - Small amounts of vaginal discharge for 2 to 10 days.
  - Mild abdominal cramps for 1 or 2 days. To relieve your pain, you can take painkillers based on your doctor's recommendations.

### **You must call Info-Santé (811), contact your gynecologist or go to Emergency if you have:**

- Persistent and/or heavy vaginal bleeding (more than one sanitary napkin per hour for 2 to 3 hours).
- Smelly vaginal discharge.
- Moderate or severe pain or pain that increases over time.
- Oral temperature higher than 38.5 °C for more than 24 hours.



## Contact information

The Endoscopy services of the CISSS des Laurentides are open Monday to Friday from 8:00 am to 4:00 pm, except for the Hôpital de Mont-Laurier where the hours are 7:30 a.m. to 3:30 p.m.

**Note that the services are closed on Saturdays and Sundays as well as statutory holidays.**

**Hôpital de Saint-Eustache: 450-473-6811, ext. 42417**  
520 Boul. Arthur-Sauvé, Saint-Eustache, QC J7R 5B1

**Hôpital Laurentien: 819-324-4000, ext. 34559**  
234 Rue Saint-Vincent, Sainte-Agathe-des-Monts, QC J8C 2B8

**Hôpital de Mont-Laurier: 819-623-1234, ext. 54240**  
2561 Chemin de la Lièvre Sud, Mont-Laurier, QC J9L 3G3

**You can also call Info-Santé at 811.**

**Centre intégré  
de santé  
et de services sociaux  
des Laurentides**

**Québec** 