



After Your Hysteroscopy

What you should know

This handout gives self-care instructions and tells you what symptoms to call your doctor or nurse about after your hysteroscopy.

Activity and Self-care

- The Ativan (lorazepam) that you took before your procedure can take up to 6 hours to wear off completely. Until it has worn off, do **not**:
 - Drive or travel alone
 - Use machinery
 - Drink alcohol
 - Sign any legal papers
 - Be responsible for the care of another person
- You can eat and drink as usual.
- You will be given pain medicine to lessen pain and cramping after the procedure. Only take this medicine if you are feeling pain:
 - **Ibuprofen**, 800 mg pill. You can take this every 8 hours. If you are having pain even after taking this medicine, please call the Women's Health Care Center at 206-598-5500 and ask to speak with a nurse.
- You may have a small amount of bleeding (like a period) for up to 5 days. This should taper off quickly.
- Do **not** place anything in your vagina for 2 weeks. This means no intercourse, tampons, douching, etc. Use pads if you are bleeding.

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Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Women's Health Care Center:

Weekdays between 8 a.m. and 5 p.m., please call the clinic at 206-598-5500 and ask to speak with a nurse.

After hours and on weekends and holidays, call 206-598-6190 and ask for the Gynecology doctor on call to be paged.

When to Call the Doctor or Nurse

Call the Women's Health Care Center (see phone numbers at left) or your doctor **right away** if you have:

- Heavy bleeding: you are soaking 1 maxi pad an hour for 3 or more hours.
- A fever higher than 100.5°F (38°C).
- Severe abdominal pain, even after using pain medicine.

Thank you for choosing the Women's Health Care Center for your hysteroscopy. We appreciate your trust in us and always strive to provide the highest standard of care.

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