



# Your Hysteroscopy

*How to prepare and what to expect during your procedure*

A ***hysteroscopy*** is a way to look inside your uterus. It uses a thin medical device called a ***hysteroscope*** that is like a small telescope. The hysteroscope is inserted through your vagina and cervix.

Hysteroscopy is used both to diagnose certain conditions and to do certain procedures. Essure placement is done by hysteroscopy.

You are scheduled for an in-office ***hysteroscopy***. This is an outpatient procedure at the Women's Health Care Center, which means you will go home the same day. You will take a mild ***sedative*** (calming medicine) and a pain reliever before your procedure. A local ***anesthetic*** (numbing medicine) will be used to numb your cervix at the beginning of your procedure.

## Your Pre-operative Visit

You will meet your doctor at your pre-operative visit. You will also sign consent forms and be given prescriptions for medicines to take on the day of your surgery. These medicines are:

- **Ibuprofen**, 800 mg pill: Take this pill **1 hour before** your scheduled procedure. This will relieve pain and prevent uterine cramping during the procedure. You will have pills left from this prescription to use for any cramping after the procedure.
- **Ativan** (also called lorazepam), 2 mg pill: Bring this pill to your appointment. You will take it after you check in. This is a mild sedative that will make you feel relaxed.

## How to Prepare for Your Procedure

- Do **not** have intercourse for 2 days before your procedure.
- Because you will be taking a sedative, you will **not** be able to drive on the day of your procedure. **Be sure to have someone with you to drive you to and from the appointment.**
- Please arrive 15 to 20 minutes before your appointment time so we can get you settled in your room and prepared for your procedure.

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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.

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- You can eat and drink as usual the night before and morning of your procedure. But, you may not want to eat anything for about 1 hour before the procedure if you get nauseated easily.
- A pregnancy test will be done right before your procedure, even if you are currently using birth control.

## What to Expect During the Procedure

You will be awake during your hysteroscopy. You may have:

- Mild discomfort or pain before the procedure, while your cervix is being numbed with *lidocaine*, a local anesthetic
- Mild cramping during the procedure

You should not have any severe pain during the procedure. If you do, tell your doctor right away and the procedure will be stopped.

The entire procedure, from numbing of the cervix until it is done, usually takes about 15 to 30 minutes. You should expect to be at the center for about 1 hour.

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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### Women's Health Care Center

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