



HYSTEROSCOPY

Diagnostic hysteroscopy makes it possible to view your uterus using a hysteroscope - a narrow, rigid device (approximately 3 mm). The hysteroscope is inserted into the uterus through the vagina and cervix. It is connected to a camera linked to a monitor.

When necessary, growths found in the uterus can be removed (e.g., a polyp or fibroid) using the same camera. A slightly thicker device is used in such cases (5 or 6 mm). This procedure is known as an operative hysteroscopy.

THE HYSTEROSCOPY PROCEDURE

- A nurse inserts an IV peripheral veinous line.
- The procedure lasts 10 to 30 minutes and may be followed by 30 to 60 minutes of observation.
- The procedure is uncomfortable, but well tolerated by most patients.
- Should the discomfort become too severe, you will be offered local anesthesia with or without sedation (intravenous medicine). These medications are usually necessary for operative hysteroscopies.
- You will be able to view the procedure on the monitor.
- The physician might take a tissue sample (biopsy) lining of the uterus for a laboratory analysis.
- In the presence of a growth (usually a polyp or fibroid), the physician will proceed with the operative hysteroscopy during the same appointment.

PREPARING FOR THE HYSTEROSCOPY

- Do not smoke or consume drugs or alcohol for **48 hours before** your appointment.
- The evening before or the morning of your appointment, **take a urine pregnancy test** unless following situations applies to you: menopause, tubal ligation, using contraceptives (pill, intrauterine device (IUD), contraceptive patch or birth control implant) or your spouse has had a vasectomy. Pregnancy tests are available at the pharmacy.
- You must **fast 6 hours before the procedure**. You can drink clear liquids (water, tea, pulp-free fruit juice, broth) up to 2 hours before the examination.
- Do not wear any nail polish or jewelry on the day of the examination.

ON THE DAY OF THE HYSTEROSCOPY

- Unless contraindicated by your physician, you must take :
 - ✓ **2 tablets of 500 mg acetaminophen** (e.g., Tylenol®)

AND

- ✓ **2 tablets of ibuprofen 200 mg or 1 tablet of ibuprofen 400 mg** (e.g., Advil®)

Take both medications (unless one of them is contraindicated) **2 hours before** your appointment.

Speak to your pharmacist if you have any questions regarding these over-the-counter medications.

- Take any other medications prescribed by your doctor. Discontinue anticoagulants (e.g., aspirin, Coumadin®, or heparin) as recommended and prescribed by your physician. These medications are used to treat or prevent blood clots in veins and arteries.
- If you are taking insulin, take half the dose before going to bed on the evening of the exam. On the morning of the exam, do not take your tablets for diabetes or your insulin.
- If you have type 1 diabetes, please consult your physician to adjust your insulin according to your usual regimen.
- **You must be accompanied on the day of the exam**, because you may be administered medications that cause fatigue and/or dizziness and will not be allowed to drive. **If you do not have someone to drive you home, the procedure might be cancelled.** No one else will be allowed in the examination room.

AFTER THE HYSTEROSCOPY

- You should be able to go home shortly after the procedure. If you received sedation, you will remain under observation for 1 hour.
- You should bring a sanitary pad to use immediately after the procedure.
- It is normal to have mild abdominal cramps and mild bleeding for a few days.
- For up to 24 hours after the procedure, you may be drowsy due to the intravenous painkillers administered. During this period:
 - Do not drive.
 - Do not take any drugs or alcohol.
 - Do not make any important decisions.

BACK HOME

- Do not use tampons: use sanitary pads for 7 days.
- Do not have intercourse, vaginal douches, swim, or go to spas for 7 days.

WHEN TO CONSULT

Go the emergency department of the nearest hospital or where you had your hysteroscopy if you have any of the following symptoms:

- profuse bleeding (more than 1 full pad per hour for 3 consecutive hours);
- severe abdominal pain;
- temperature above 38 °C.

You have questions regarding your health status?



Contact the nurse by dialling
819-346-1110, Ext. 14517 (Monday to
Friday, from 8:00 a.m. to 4:00 p.m.).



Outside regular department hours,
dial 8-1-1 for Info-Santé.