
HYSTEROSCOPY POST OP INSTRUCTIONS

You have had a hysteroscopy today as a surgical day care patient. The procedure involves the investigation of the inside of the uterus using a saline solution and a telescope-like instrument. You may have had a polyp removed or some other uterine abnormality that required this investigation. The most common reason to have this procedure is to evaluate abnormal uterine bleeding.

You will experience mild to moderate cramping for about 1-4 hours after the procedure. Some women find the cramping intense for the first few hours, but it decreases significantly by the time they leave the recovery room. Rarely, women will experience cramping for up to 24 hours. You can take Tylenol or over the counter Ibuprofen for the discomfort (unless you have allergies or sensitivities to these medications). Since many of the anesthetic and pain medications used around the time of your surgery cause constipation, you should take a stool softener (available over the counter) once or twice daily until you feel your bowels are back to normal.

You may experience a watery, bloody discharge for up to 14 days after the procedure. If you are still having menstrual periods, your next period will be in about 4 weeks and may be slightly heavier than usual. You can resume usual activities when you feel able to do so. There are no restrictions for walking, lifting, exercising, or showering. You should refrain from bathing, swimming, and sexual intercourse for 10 days after the procedure. You do not need a follow up appointment. If there is any pathology report from the procedure, you will be notified of the results in 7-10 days.

There are rare postoperative problems after this procedure. If you experience any of the following:

- Fever greater than 100.4 degrees
- Foul smelling discharge
- Heavy bleeding
- Severe cramping that last greater than 48 hours

you should contact the office during office hours at 978-927-4800. If you have an urgent problem related to the surgery, and feel that you cannot wait until office hours, please call the above number and ask to speak to the on-call doctor.