



## **Information and advice following your Hysteroscopy**

Hysteroscopy is an examination of the uterus.

You may feel drowsy for the next 12 to 24 hours.  
It is therefore advisable that during this time you should take it easy.

You should not:

- Drink alcohol
- Drive a car
- Operate hazardous machinery
- Travel unescorted on public transport
- Make important decisions or sign legal documents
- Partake in any strenuous activities such as sport

Following your procedure you may experience discomfort or pain. Pain relief tablets should be taken as prescribed. If you have not been given a prescription Panadol/Panadeine can be purchased from your local chemist and should be taken as directed.

Severe abdominal pain is uncommon following the above procedures.  
However if you do experience severe pain please ring your specialist doctor immediately and if unable to contact the doctor, ring Epworth Richmond Emergency Department on +613 9426 6303 for advice.

Nausea and vomiting are occasionally present after a general anaesthetic.  
Continue to drink clear fluids.

If this persists, please ring your specialist doctor immediately and if unable to contact the doctor ring Epworth Richmond Emergency Department on +613 9426 6303 for advice.

Dizziness is common following an anaesthetic.  
It is advisable not to stand up too quickly.  
Move around carefully.

Slight to moderate vaginal bleeding is normal. It should last only a few days but occasionally persists longer.  
It is important not to use internal tampons during this time to avoid infection.  
If bleeding becomes very heavy or if bleeding continues for more than one week consult your doctor.

Spas, baths, and swimming are not recommended for approximately one week to avoid introduction of infection.

If you have any problems or concerns related to your procedure please contact your doctor.