

## Women's and Children's Division - Gynaecology

### Hysteroscopy

#### Introduction

Your Gynaecologist has recommended an Hysteroscopy; an operation to investigate abnormal bleeding from your womb, especially heavy periods and post-menopausal bleeding. You will be provided with a written information leaflet that details your specific surgery when you attend the Gynaecology Outpatients Department.

#### Guidance for Patients

Common reasons for having a hysteroscopy include:

- Post-menopausal vaginal bleeding
- Fibroids - when the muscles of your womb become overgrown
- Polyps - an overgrowth of the lining of the womb that looks like a small grape on a stalk.
- Unusual vaginal bleeding

While you are waiting for your procedure your Gynaecologist may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your well-being.

This may include:

- Medication
- Lifestyle changes

## What should I do if my health is deteriorating?

## My Planned Care Patient Information Platform

If you feel you are becoming more unwell, **please contact your GP or NHS 111 for medical review in the first instance**. Your GP will be able to advise if this is something they can support with during your wait or they will be able to contact your Gynaecology team to discuss their findings in more detail and determine a management plan.

### Contact Us

A dedicated e-mail address for My Planned Care enquiries: [soh-tr.so-mpcqueries@nhs.net](mailto:soh-tr.so-mpcqueries@nhs.net)