

Gynaecology – Outpatient Hysteroscopy (OPH)

Introduction

The Covid-19 pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. We know that it can be very difficult for many people who are waiting.

The NHS is working hard to see people as quickly as possible, but it is going to take a while before waiting times are back down to where there were before the Covid-19 pandemic began in the UK in early 2020.

This document provides you with information on how you can support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

An OPH is a procedure that involves examining the inside of your uterus (womb). This is done by passing a thin telescope-like device, called a hysteroscope, that is fitted with a small camera through the neck of your womb (cervix). The healthcare professional doing the procedure can then see whether there are any problems inside your uterus that may need further investigation or treatment. Your healthcare professional will discuss your options and whether OPH is right for you.

Guidance for Patients

Before your appointment you should eat and drink normally. You do not need to fast before your appointment. It is recommended that you take pain relief (400mg of ibuprofen or 1 gram of paracetamol or whatever pain relief you find useful for period pain) at least 1 hour before your appointment. Bring a list of any medications that you are taking with you.

Whilst you are waiting for your procedure, it is important to maintain a healthy lifestyle. Please refer to the Generic Health Advice Document which offers advice and support on a range of items such as eating healthier, a smoke free lifestyle, pain management and mental well-being support.

What should I do if my health is deteriorating?

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

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Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

GP surgeries

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments. GP surgeries are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

Related Symptoms

If you develop any of the following symptoms, please contact your GP or the Gynaecology team on the contact details below:

- bleeding after the menopause (postmenopausal bleeding)
- very heavy periods
- bleeding between periods
- irregular bleeding while on hormonal treatment
- removal of a coil when the threads are not visible at the cervix
- fertility concerns
- following a miscarriage
- to investigate something seen inside the uterus on an ultrasound scan, such as an endometrial polyp or fibroid.

Contact Us

Gynaecology Specialty Administration Teams: -

Grimsby – SAT 8 email: nlg-tr.SAT8@nhs.net
telephone number: 03033 306536 Option 1

Scunthorpe – SAT 9 email: nlg-tr.SAT9@nhs.net
telephone number: 03033 306536 Option 1

Version 1: September 2021, Content approved April 2022

The contents of this information has been reviewed and approved by the Obstetrics and Gynaecology Clinical Governance Group of Northern Lincolnshire and Goole NHS Foundation Trust.

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