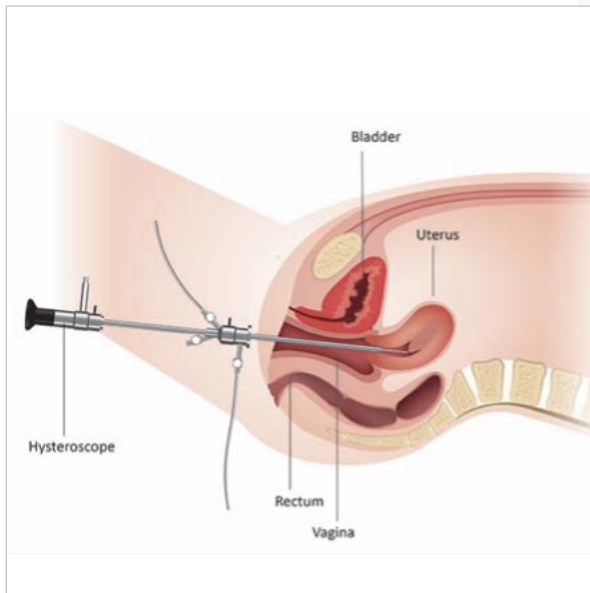


HYSTEROSCOPY



You are planned for a hysteroscopy, which is a simple procedure, carried out on an outpatient basis.

PREPARING FOR A HYSTEROSCOPY

To do a good and sufficient examination it is important that your uterine lining is thin. Therefore, we recommend the procedure at the end of your period or right after.

If you expect bleeding around the day of the examination, call or text us as soon as possible and make a new appointment.

WHAT ARE THE RISKS ASSOCIATED WITH A HYSTEROSCOPY?

A hysteroscopy is a very safe procedure with a low risk of complications. The most common side effects are discomfort (like cramps), feeling faint (outpatient procedure only) and bleeding.

However, should you develop a temperature, or experience increased pain, increased discharge that is smelly and unpleasant or heavy bleeding following a hysteroscopy, you should seek medical advice.

ANAESTHETICS

A hysteroscopy is a relatively quick procedure and does not involve making cuts (incisions) in your skin.

Taking painkillers such as ibuprofen (400 mg) and/or paracetamol (1 g) about an hour before can help reduce discomfort after the procedure. Usually, we recommend local anaesthetics to numb your cervix (entrance to the womb) during the procedure.

ON THE DAY OF YOUR HYSTEROSCOPY

You may eat and drink as normal since you are only having local anaesthetics.

You may bring a friend or relative with you for support. They are (at your discretion) allowed in the room during your hysteroscopy.

THE HYSTEROSCOPY PROCEDURE

A hysteroscopy usually takes between 15 and 30 minutes. During the procedure:

- You lie on an exam table with your legs in stirrups
- An instrument called a speculum is inserted into your vagina to hold it open (the same instrument used for a cervical screening test), and the local anaesthetic is injected into your cervix.
- A hysteroscope (long, thin tube containing a light and camera) is passed into your womb – you may experience some cramping and discomfort as it passes through your cervix.
- Fluid is gently pumped into the womb to make it possible to see inside
- The camera sends pictures to a monitor so we can spot any abnormalities
- A small sample of tissue from the womb lining will be removed for further testing. This is known as an endometrial biopsy.

If at any point you are finding the procedure too uncomfortable, please tell us - we can stop at any time.

You can usually return to your normal activities later the same day or the following day. You can expect light bleeding for a few days after the examination. Contact the clinic or your general practitioner if you get a fever, experience severe pain, or very heavy bleeding.

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AFTER THE HYSTEROSCOPY

You can leave the clinic shortly after the hysteroscopy. Often, we will have discussed the findings with you during the procedure (you may even have seen everything on the monitor together with us). If not, we will discuss the findings with you before you leave and you will have a printed copy of the report.

It may take a few weeks to get the results of a biopsy. Therefore, you will receive a biopsy result in an e-mail.

PRICE

Hysteroscopy incl. local anaesthesia, removal of polyp or simple endometrial biopsy € 875

Additional lab fees will apply if supplementary tests are needed.

HOW TO PAY

Please transfer to **IBAN account no. DK4667710005844289** with beneficiary bank **swift code LAPNDKK1** no later than two days before your appointment and send a screen dump of the receipt to **contact@metropolgynclinic.com**.

You will receive an invoice after the consultation.