

# Discharge information

# Hysteroscopy



Western Health

## Introduction

- After a hysteroscopy you will usually go home the same day. However, everyone is different, and our bodies will recover in different ways.
- It is important to try not to be in too much of a hurry and instead slowly increase the amount that you do. Try to strike a balance, listen to your body and only do as much as feels comfortable.
- In the first couple of days after your operation you may feel a little flat or emotional. This varies from woman to woman and is entirely normal. It may be caused by hormonal changes, the anaesthetic, or your feelings about the surgery in general.

## Pain

- Mild pain or discomfort in the abdomen is normal after hysteroscopy.
- If you take your pain relief regularly (e.g. paracetamol and/or ibuprofen) then it will allow you to move around more easily and sleep better.

## Diet

- Resume your normal diet.
- Drink plenty of fluids, including 6-8 glasses of water per day.

## Activity

- Generally, you should be able to resume normal physical activities the day after the procedure.
- You should be ready to return to work within a day or two after the procedure.
- You should not drive
  - Within 24 hours of your procedure
  - If you are in pain
  - If you are taking strong painkillers
  - If you do not feel confident that you could perform an emergency stop if needed.
- Some insurance companies place restrictions on driving after surgery/procedures, so check your policy details.

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## Vaginal bleeding

- You may have some vaginal bleeding for a few days after surgery. It should become less every day and eventually browner in colour.
- You should wear a sanitary pad as required.
- If your vaginal loss is heavier than a period, bright red, or offensive smelling, please present for review.
- Avoid douching, swimming, or inserting anything into the vagina until the bleeding or discharge has stopped.

## Sexual intercourse

- You can resume sexual activity once any vaginal bleeding or discharge has stopped.

## When to seek advice

- Visit your local doctor if you have any:
  - Nausea or vomiting
  - Develop offensive discharge
  - Pain that is not controlled by regular pain relief
  - Painful urination
- Present to the Emergency Department if:
  - Fever >38 degrees
  - Excessive nausea and vomiting
  - Excessive pain
  - Excessive bleeding from the vagina

## Follow up

A follow up appointment in the gynaecology outpatient's department has been requested. If you have not received this within 10-14 days please call (03) 83451727.

Please note that this information is not meant to replace any specific instructions that you receive from your Doctor. Please follow your Doctor's advice at all times.

**FOR AN EMERGENCY: CALL AN AMBULANCE ON 000**  
Alternate contact: Nurse on call - 1300 606 024