



Outpatient hysteroscopy: aftercare advice

Information for patients from Women's Health

You have had an outpatient hysteroscopy. This leaflet will explain the following.

- How you will feel after your procedure.
- How to look after yourself.
- Who to contact if you have any questions or concerns.

We hope this leaflet answers some of the questions you may have. If you have any further questions or concerns, please speak to a member of your healthcare team.

How will I feel after my procedure?

- Mild cramping (similar to period pain) for a few days.
- Light vaginal bleeding or spotting for up to a week.
- A watery or blood stained discharge for a few days.
- Feeling slightly lightheaded immediately after your procedure.

How can I manage my pain after the procedure?

- Take simple over-the-counter painkillers, such as paracetamol or ibuprofen. Before taking these, carefully read the instructions provided with the painkillers.
- If you need stronger painkillers, please contact:
 - the Gynaecology Assessment Unit (GAU) or your GP; or
 - go to the Emergency Department.

When can I resume my normal activities?

- Rest for the remainder of the day following your procedure.
- Normal activities can be resumed the next day. This includes work and sport.
- Avoid strenuous activities for 24 hours after your procedure. Strenuous activities include:
 - jogging; or
 - heavy lifting, such as a heavy shopping bag.
- Drink plenty of non-alcoholic drinks, to keep well hydrated.
- You can drive after your procedure.

How can I help reduce the risk of infection after my procedure?

To reduce your risk of developing an infection after your procedure:

- Do not use tampons for at least a week, use sanitary pads instead.
- Do not have sex until your bleeding or discharge has stopped.

When should I ask for medical help?

Please ask for medical help if you experience any of the following.

- Heavy bleeding (soaking through a pad in an hour or more).
- Severe lower abdominal (stomach) pain, that does not get better after taking painkillers.
- Foul-smelling vaginal discharge.
- Fever / high temperature.
- Feeling faint, dizzy, or unwell.
- If any of the symptoms listed under **How will I feel after my procedure?** last for more than a week.

When will I get my results?

Your doctor will tell you the findings of your procedure as soon as it is finished. They will explain what the next steps are.

Your doctor may have removed a polyp or taken a biopsy during your procedure. These samples will be examined in the laboratory, and a results letter will be sent to you by post, with your GP copied. The letter will explain your results and what happens next.

What if I have any questions or concerns?

For questions and advice, please contact one of the Gynaecology Assessment Units (GAUs).

- Gynaecology Assessment Unit (GAU), **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 235009
Open: 8am and 4pm (Monday, Tuesday, Thursday, and Friday); 9am and 5pm (Wednesday).
- Gynaecology Assessment Unit (GAU), **William Harvey Hospital**, Ashford
Telephone: 01233 651987

A dedicated medical professional will be available to advise you. If you cannot get through to GAU, please go to the Emergency Department.

What do you think of this leaflet?

We welcome feedback, whether positive or negative, as it helps us to improve our care and services.

If you would like to give us feedback about this leaflet, please fill in our short online survey. Either scan the QR code below, or use the web link. We do not record your personal information, unless you provide contact details and would like to talk to us some more.

Giving feedback about this leaflet



<https://www.smartsurvey.co.uk/s/MDOBU4/>

If you would rather talk to someone instead of filling in a survey, please call the Patient Voice Team.

- **Patient Voice Team**
Telephone: 01227 868605
Email (ekhuft.patientvoice@nhs.net)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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