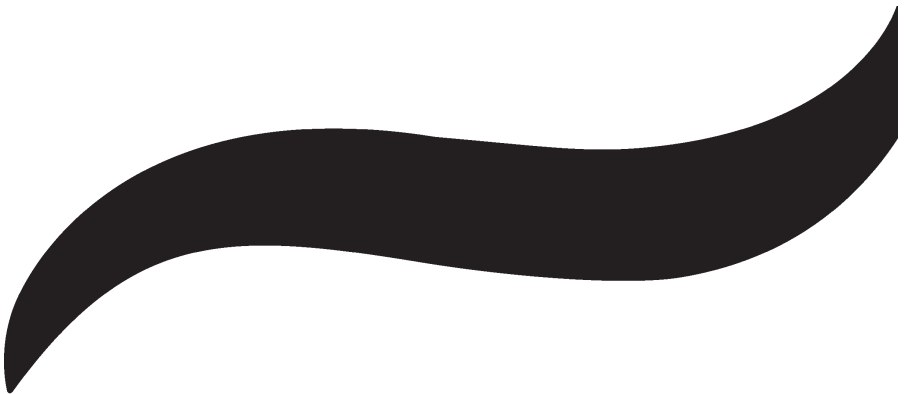




Anaesthesia for Day Case Hysteroscopy

Information for patients



Your surgeon has arranged for you to have a hysteroscopy. This minor procedure where the womb is visualised using a camera.

This procedure is often performed under local anaesthetic in a clinic. On this occasion your surgeon has requested anaesthetic assistance.

WILL I BE ASLEEP FOR MY PROCEDURE?

There are different types of anaesthetic for this procedure.

A general anaesthetic is when you go to sleep for an operation.

A spinal anaesthetic is an injection of local anaesthetic to numb you from the waist down. In some cases we can do a mix of sedation and local anaesthetic.

The preferred option is what we call a day case spinal anaesthetic.

This is an injection of local anaesthetic into the back. This blocks the nerves carrying pain and makes you numb from around your belly button down.

Having your operation done under spinal anaesthetic means that you will be awake. You may know someone who had a spinal for a hip replacement or a caesarian section. It is very common.

During a spinal you should not feel any pain or discomfort. You might feel pressure or touch.

Avoiding a general anaesthetic is generally a good thing. It also increases the chances of you getting home on the same day of your surgery.

Some patients can find the idea of awake surgery scary or have concerns about this technique. We hope to give you an explanation of the benefits of a spinal anaesthetic. We want to answer any questions or concerns you might have about it.

WHAT ARE THE BENEFITS OF SPINAL ANAESTHETIC?

The medication we use for the spinal anaesthetic is short acting. After the procedure the numbness will rapidly wear off. This means you can be discharged the same day with simple painkillers such as paracetamol and ibuprofen.

You can avoid the groggy sensation many people have after a general anaesthetic.

You are less likely to feel sick afterwards.

WHAT ARE THE RISKS OF SPINAL ANAESTHETIC?

The most common are your blood pressure being lowered slightly.

You can develop a headache after the procedure, and in the short term, difficulty passing urine. These usually resolve by themselves.

More serious complications from a spinal anaesthetic are bleeding in the back, infection and long term nerve damage. These are all rare or very rare.

WHAT ABOUT GENERAL ANAESTHETIC?

Occasionally people need oxygen after a general anaesthetic. Sometimes it can lead to chest infections. Having a spinal anaesthetic avoids the complications associated with a general anaesthetic. And it increases your chances of going home the same day as your surgery.

The risks of a general anaesthetic are higher if you are overweight.

There is a higher chance of breathing difficulties after a general anaesthetic.

There is a higher chance of feeling sick.

Most patients are fine and can get home on the same day.

WHAT TO EXPECT

You will have a preassessment appointment ahead of your surgery.

Your preassessment may be done using an app we will ask you to download. You will be given information about this.

On the morning of your surgery you will meet your Anaesthetist. They will take a short history from you and check your details. They answer any outstanding questions you have. They will be able to discuss risks with you in more detail.

You will be taken into the anaesthetic room where you will have routine monitors attached. Then we put a drip into a vein in your hand or arm. We will help you to get into a suitable sitting position to do the spinal anaesthetic. Positioning for the spinal anaesthetic is very important (watch our video to see more on this).

HOW CAN I LEARN MORE?

You can watch a short video of this by going to <http://vimeo.com/showcase/6986298> and using the password NHS2020.

WHAT HAPPENS AFTERWARDS?

After the procedure you will be taken to recovery. You can eat and drink immediately after a spinal, a little longer after a general.

The sensation in your legs will start to come back after about an hour. Sometimes this can be longer depending on the anaesthetic we use. Before you go home we will make sure you can move around safely and pass urine.

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