

Hysteroscopy Clinic

Discharge advice following a Hysteroscopy +/- endometrial biopsy



WHAT PROCEDURE HAVE I HAD PERFORMED IN CLINIC TODAY?

The investigation you have received today is called Hysteroscopy. This is a procedure in which a small camera looks inside the uterus (womb). A biopsy may have been taken following this investigation. This procedure is recommended to investigate abnormal bleeding.

WHAT HAPPENS AFTER THE PROCEDURE?

You may have some cramping and discomfort which will settle soon.

Mild blood-stained or watery discharge is also normal, and may last for two or three days.

You may require sanitary pads for a few days.

Take a painkiller if required but avoid aspirin.

Don't use tampons, douche or have sex for at least three days, or as advised by your healthcare professional.

WHEN SHOULD I SEEK ASSISTANCE?

Contact NHS 24 on 111 if you experience any of the following:

- ◆ Excessive bleeding- heavy bleeding more than three days after the procedure
- ◆ Foul- smelling discharge
- ◆ Fever
- ◆ Severe abdominal pain

WHAT HAPPENS NEXT?

In most cases you can now be discharged from the Gynaecology department.

If you have had a biopsy performed this will be sent to the laboratory for testing. We will write to you and your GP with the result within 12 weeks. Sometimes we may give you a phone call rather than a letter. A care plan will be individualised based on this.

WHAT IF THIS HAPPENS AGAIN?

Bleeding may reoccur. If this happens within 6 months of this attendance you do not need to do anything further. If you have persistent bleeding or further episodes after 6 months, please see contact your GP for further referral.

TELEPHONE NUMBERS:

Gynaecology Units

Please ask for connection to your named consultants secretary

- ◆ University Hospital Hairmyres
01355585000
- ◆ University Hospital Monklands
01236 748748
- ◆ University Hospital Wishaw
01698 361100

For NHS staff only -

For advice on how to get a leaflet translated for your patients, please contact:
patientinformation@lanarkshire.scot.nhs.uk

For patient letters, records etc. please email:
translation.services@lanarkshire.scot.nhs.uk



Pub. date:	April 2026
Review date:	April 2028
Issue No:	03
Clinical Lead:	