

## Hysteroscopy Clinic After Care Advice and Information Following Outpatient Hysteroscopy

### **While You Recover, You May Experience:**

Cramping that is similar to period pain – this should pass in a few days, and you can take regular painkillers such as paracetamol or ibuprofen if you have no contraindications to these painkillers.

Spotting or bleeding – this can last up to a couple of weeks; use sanitary towels rather than tampons until your next period to help reduce the risk of infection

Returning to normal activities - Most women feel they can return to normal activities, including work, the day after having a hysteroscopy.

You can have a shower the same day or the follow day.

You should avoid sexual intercourse for a week, or until the bleeding stops- this will help reduce the risk of infection.

If you've had a Mirena device fitted – it can take up to 6 months for period problems to settle. In this time, you are likely to get unpredictable, light bleeding or spotting, this may be on most days. After 6 months, most people only get a day or two of spotting each month, or sometimes none at all.

### **Getting Your Results If We Have Taken a Biopsy**

We will write to you once we have received your results. This is usually within 6 weeks. If you have any other queries or concerns about your treatment, please contact our

**Hysteroscopy Nurses, Sue Manuel, or Karen Loy on 702 4147 or 702 4319**

**This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)**

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Issue Date: 31/08/2018

Reference: Gyn/2022-172-v2

Review Date: 28/10/2025

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