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## Hysteroscopy D&C

### DIAGNOSING AND TREATING ABNORMAL BLEEDING AND INFERTILITY

Hysteroscopy D&C is a common procedure used to diagnose and treat abnormal vaginal bleeding and infertility.

The procedure name is Hystero which means uterus and scopy which means camera so it is simply a camera introduced inside uterus and small amount of water is used to distend the cavity. It enables the doctor to see and evaluate the inside of the uterine cavity looking for pathology such as polyps, fibroids and thickening of the endometrium, these are common causes responsible for vaginal bleeding and if we found them it can be treated at same time. The procedure is also utilised to evaluate the shape of the uterine cavity and to exclude and treat uterine septum or adhesions that may interfere with pregnancy.

The procedure is often done under general anaesthesia but sometimes it could be done under local anaesthesia too.

it is a day procedure which means you do not need to stay overnight at the hospital. Prior to procedure you will be asked to fast from midnight the day before and if you are taking any blood thinning medication you need to be stopped 24 hours prior to the procedure.

The procedure takes 10 to 20 minutes, you are expected to go home the same day following recovery.

After the procedure you will experience some mild lower abdominal cramping for few hours that usually subside within 24 hours.

Next day you can go to work but some patients prefer to have one day rest for full recovery from anaesthesia.

Following the procedure you should not insert anything inside the vagina for two weeks post procedure which means no sex, no tampons and no swimming or baths for two weeks and that's to reduce the possibility of introducing infection.

The risks associated with the procedure involve bleeding, infection 1% often we give you an antibiotic while we're doing the procedure. There is a pretty low possibility of perforation (hole in uterus) which happens on introducing the camera and usually these perforations are small and can be treated conservatively also there is a small chance depending on the medical condition of the patient of having coots in the lakes or inland open.

you will be seen 2 weeks after the procedure to discuss the result and formulate a management plan.