



Inanna Women's Health

A/P Batool S Nadim

Obstetrician, Gynaecologist & Sonologist

Hysteroscopy: Post-Operative Care Instructions

LEAVING HOSPITAL AFTER SURGERY

Following a hysteroscopy performed under general anaesthetic, most people are able to leave the hospital within two to four hours. However, some patients may need to remain in the hospital for a longer period, depending on individual circumstances.

It is important to arrange for a trusted person, such as a relative or friend, to collect you from the hospital and stay with you for the first 24 hours after your procedure.

DIET

You are generally able to eat whatever foods you feel comfortable with once you are awake and alert. It is advisable to include plenty of fibre in your diet and to stay well hydrated. You may also consider using a gentle stool softener each day to help prevent constipation. If constipation does occur, you can use a mild laxative daily until your normal bowel routine resumes. Preventing constipation and avoiding straining is important, as it can be quite uncomfortable after surgery.

ACTIVITY

- After your procedure, it is recommended that you walk and resume your usual activities as soon as you feel able. Mild discomfort is common in the days following the surgery, but it should gradually improve on its own.
- Showering is permitted, but it is best to avoid baths, spas, and swimming pools during the early recovery period, as these may increase the risk of infection.
- To reduce the risk of infection in the uterus or vagina, avoid vaginal intercourse for at least one week following your procedure. When you have your next period, it is safe to use tampons or a menstrual cup.

WHAT TO EXPECT AFTER SURGERY

In the first 7 to 14 days after your hysteroscopy, you may experience some irregular vaginal bleeding and pelvic cramps. Feeling more tired than usual is also common, particularly in the first couple of days.

- **Pain or Cramping:** It is common to experience pain or cramping similar to period pain, which should settle within a few days. Regular paracetamol (Panadol) or ibuprofen may help relieve discomfort.
- **Panadol (Acetaminophen):** Take 1–2 tablets (500 mg each) every 4–5 hours as needed for pain relief. Do not exceed 4,000 mg (a total of 8 tablets) within 24 hours due to the risk of liver damage.
- **NSAIDs (Ibuprofen):** Take 400 mg every 8 hours. Be aware that NSAIDs can cause stomach bleeding or kidney problems. If you are taking blood thinners, consult your healthcare provider before using NSAIDs. Always read the medication label and follow all directions.

Vaginal Bleeding: Spotting or bleeding may continue for up to a week. This bleeding may sometimes be heavier than your usual period and can come and go—these changes are normal. To lower the risk of infection, use sanitary pads rather than tampons until your next period.



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Frequent Urination: Increased urination is common for the first 24 hours after your procedure.

Nausea: Nausea may also occur in the early recovery period.

WHEN TO CALL THE DOCTOR

Please contact your healthcare provider if you experience any of the following:

- Pain that becomes severe or is difficult to control
- Ongoing or increasing vaginal bleeding, or bleeding that becomes so heavy you are soaking through a thick pad or tampon every hour for more than two consecutive hours
- Fever with a temperature of 38.0°C or higher
- Difficulty urinating
- Persistent nausea or vomiting

If you need assistance during working hours, contact Dr Nadim's office on 02 8552 3600. Outside of working hours, please contact your local GP or the nearest hospital.

RETURNING TO WORK

When you can return to work depends on the type of procedure and anaesthetic you received, as well as the demands of your job. Individual responses to anaesthetic also vary. Most people feel ready to return to their normal activities, including work, the day after a hysteroscopy. If you had additional procedures, such as fibroid removal or endometrial ablation, you may wish to take a few extra days off to rest.

FOLLOW-UP APPOINTMENT

You will have a follow-up appointment with Dr Nadim two to four weeks after your procedure. The office will be in touch to confirm the date and time of your review.

QUESTIONS

If you have any questions, please contact Dr Nadim's office on 02 8552 3600 or email reception@drbatoolnadim.com.au. The staff will be happy to assist you.