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### Preparing for Your Office Hysteroscopy

The office hysteroscopy is a minor procedure that involves the introduction of a 5mm camera through the cervix and into the uterus.

There are various reasons a woman may have this procedure. Sometimes it is done to further evaluate abnormal vaginal bleeding. Sometimes we do it to remove uterine polyps that have been detected in another manner. Lastly, we sometimes use this procedure as a test to understand why a couple may be having trouble conceiving.

As a first step in the procedure, we first place a speculum into the vagina. We will then cleanse the area with iodine and numb the cervix and uterus with a substance known as bupivacaine. This is very similar to lidocaine. The numbing is done with a very thin needle that introduces a small amount of the bupivacaine all along the base of the uterus.

The cervix is then gently dilated to about 5 mm diameter and the hysteroscope is inserted through the cervix and into the uterus. The camera then has a channel that allows normal saline to be infused into the uterus. This allows the uterine cavity to be opened up and we can then survey the cavity to look for any abnormalities.

If you choose to watch, you will be able to see what we see on a monitor in the room. Most patients are able to converse and ask questions while it is being performed. You will most likely feel some menstrual like cramping so we recommend you **take ibuprofen 600mg one hour prior to the procedure** as long as you do not have an allergy or any medical conditions that preclude you from taking this medication.

The procedure takes about 15 - 20 minutes but you should plan to be here for about an hour. Almost all patients can drive themselves home afterwards without any issue but we do recommend you stay here for 30 minutes after any procedure to ensure no delayed reactions.

You should rest for one day and may resume regular exercise after 24 hours. You may also recommend sexual activity after 24 hours. It is normal to see some light bleeding and have mild cramps for the next day or two after the procedure.

If you have any further questions or issues once you go home, feel free to message us through the portal or call us at 323-933-2930.