



**Brighton and Sussex
University Hospitals**
NHS Trust

Your visit to the Outpatient Hysteroscopy Clinic (MyoSure Hysteroscopy)

Department of Gynaecology

Patient Information

Why do I need a MyoSure hysteroscopy?

MyoSure is a treatment for women who have heavy or irregular bleeding due to polyps or fibroids that have already been confirmed during a diagnostic hysteroscopy. A polyp is a small lump of tissue that can grow on the lining of the uterus. A fibroid is a benign (non-cancerous) growth.

What is MyoSure hysteroscopy?

A hysteroscopy is an investigation where a small telescope is passed through your cervix to examine the inside of your uterus (womb). MyoSure is a procedure performed under local anaesthesia which allows your doctor to look inside your womb (uterus) and remove any polyps or fibroids. This is done by inserting a small tube with a telescope at the end (hysteroscope) through the vagina and into your uterus. The MyoSure device is passed down the hysteroscope and the polyp or fibroid can then be removed. It does not require an incision (cut) and can be performed in an outpatient setting using local anaesthetic. It may also be used to remove scar or other abnormal tissue within the uterus.

What are the risks?

There are risks with any operation, but these are small, less than two percent. **Potential complications can include:**

- Bleeding
- Infection
- Perforation of the uterus (making a hole in the womb).

Should perforation occur, you may require an operation to put a telescope through your naval under general anaesthesia (laparoscopy) to see if any other organs have been damaged and whether there is any bleeding from the site of perforation, but this is very unlikely.

These will be discussed with you when you sign your consent form.

What can I expect before the procedure?

- Please eat, drink and take any regular medications as normal on the day of your procedure unless you have been advised otherwise.
- Taking pain relief a short time before the procedure can lessen any discomfort. The most ideal pain relief for this is a dose of Paracetamol and Ibuprofen about 1 hour before your appointment. Please follow instructions on the packet about how much to take.
- If you are allergic to ibuprofen or similar painkillers (such as naproxen or aspirin) then take a simple pain relief medication that you are not allergic to.
- If you are already taking Paracetamol and/or Ibuprofen regularly, you will not need to take extra, just continue with your normal dose.
- If you are at all unsure then please take nothing.
- You will be asked to come in half an hour before your procedure so that you can be seen by a nurse to be given further pain relief. Your ability to drive safely may be impaired following this medication, so we advise that you do not drive home from this appointment.
- On your arrival at Horsted Keynes ward please report to reception.
- It is important there is no risk of pregnancy when the procedure is carried out. Therefore if you are of childbearing age, we will ask your permission to carry out a pregnancy test before we start. This will mean you have to give us a urine sample before we start the hysteroscopy. Your procedure will be cancelled if there is a possibility that you might be pregnant. As a precaution, it is advisable to use barrier contraception (like condoms) from the start of your period before the procedure, and continue using them until after you have had the procedure.

- On the day of your appointment you will see the doctor before the procedure for assessment. This is a good time for any concerns or questions you may have to be answered as it is important to us that you are involved in any decisions about your care and treatment. The doctor will need to gain your consent before starting the procedure so you will be asked to sign a consent form if this hasn't already been done at a previous appointment.

What can I expect during the procedure?

You will be shown into the treatment room. A nurse and a healthcare assistant will be with you to ensure your comfort and help the doctor doing the procedure. Please note that we are a teaching hospital so it is not unusual for trainee doctors or student nurses to be present during your appointment. If this makes you feel uncomfortable then do not hesitate to tell the nurse.

- You will be asked to remove the bottom half of your clothing behind a curtain cubicle and to cover yourself with a paper sheet. You will be required to lie down on an examination couch for the procedure.
- The doctor will insert a speculum into the vagina (similar to a smear test). This will enable him to access your cervix.
- A local anaesthetic is then injected into the cervix and the opening gently stretched. This is to allow the hysteroscope to pass through the cervix and into your womb.
- A sterile saline fluid is also introduced via the hysteroscope into the womb to distend the cavity (enlarge the space) to make it easier for the doctor to see. You may feel some of that fluid coming out of your vagina during the procedure, this is normal.

- The hysteroscope has a camera attached and images of the inside of your womb are sent to a screen by the side of the bed, which can be viewed by the doctor and yourself. Pictures will be taken at the time of the procedure as a record for your medical notes.
- The MyoSure device is then passed into the womb and held against the polyp or fibroid which is then cut away and sent for further examination. The results of this can take anything between 2-4 weeks to reach you depending on urgency.
- We are more than happy for you to bring a partner, friend or relative with you to the appointment for support and they can even sit with you during the hysteroscopy if you wish. It is important to note that you will be involved at all times during the procedure and if at any point you would like the doctor to stop or have any concerns or questions please say or ask.
- The procedure will take approximately 10-25 minutes.

What can I expect after the Hysteroscopy?

After the procedure the hysteroscope and speculum will be removed from the vagina.

- You will be able to dress and then shown to a small recovery area with a reclining chair where you will be offered a drink.
- If you have had a local anaesthetic, we advise you rest for about 30 minutes or until you feel well enough to go home.
- The doctor and nurse will give you advice following the procedure about going home. Results and any follow up appointments will also be discussed with you before you leave.

- **Pain**

You may experience some period like pain following the procedure which can continue for approximately the next 24 hours. Pain is usually mild and similar to that of a period; you can continue to take over the counter pain killers for this (such as paracetamol and ibuprofen). If you find the pain is hard to control then please contact your GP or local emergency department.

- **Vaginal Bleeding**

The bleeding is usually mild and should settle within a week. Due to the risk of infection we advise you to wear sanitary towels and not tampons until the bleeding stops.

It is also advisable to avoid sex for about a week or until the bleeding stops. If you experience prolonged or heavy vaginal bleeding with clots please see your GP. If you feel unwell, dizzy or faint with heavy vaginal bleeding then please go to your local emergency department.

- **Infection**

Should you experience an offensive (bad) smelling vaginal discharge with or without a temperature please see your GP as this may be a sign of infection.

Who can I contact with any concerns?

If you have any concerns or are worried, please do not hesitate to contact our gynaecology wards:

Princess Royal Hospital:

Horsted Keynes – Gynaecology Ward

01444 441881 Ext. 5686/5685

Royal Sussex County Hospital:

Level 11 – Gynaecology Ward

01273 523191

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