



Dr Harrie Swanepoel

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Recovery after Hysteroscopy

Wishing you a speedy recovery

Going Home

You should be able to go home on the same day as your hysteroscopy. If you had an anaesthetic, you may need to stay in hospital for a few hours until it has worn off. If you had a general anaesthetic, you won't be able to drive for at least 24 hours, so you'll have to arrange for someone to take you home.

Recovering at home

It's a good idea to rest when you get home.

If you had a general anaesthetic, someone should stay with you for at least 24 hours until the effects of the anaesthetic have worn off. Don't drive or drink alcohol during this time.

While you recover, you may experience:

- **cramping that's similar to period pain** – this should pass in a few days and you can take regular painkillers such as Paracetamol or ibuprofen, and/or using a heat pack in the meantime
- **spotting or bleeding** – this can last up to a week or more.
- These side effects are normal and nothing to worry about, but you should seek medical advice if they are particularly severe (see below).

Returning to your normal activities

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

- **you can eat and drink as normal straight away** – if you feel a bit sick after a general anaesthetic, try eating small, light meals at first
- **you can have a shower the same day or the next day**
- **you should avoid having sex for a week, or until any bleeding stops** – this will help to reduce the risk of infection

Getting your results

Dr Swanepoel will let you know whether he found anything unusual during your hysteroscopy, or discuss how any treatment went, straight away.

If a small sample of tissue (biopsy) was removed from the womb, it can take several days to get these results, and will be discussed with you at the follow up visit.

Follow up

A review appointment is usually scheduled at 6 weeks following surgery. Please phone our rooms at (07)43311545 if you are unsure about your follow visit.

When to get medical advice

Contact Dr Swanepoel or your GP if you experience:

- severe pain that isn't relieved by regular painkillers
- heavy bleeding that means you have to change sanitary pads frequently
- passing bright red blood or large clots
- foul-smelling vaginal discharge
- a fever of over 38C

These symptoms could be a sign of a problem, such as an infection.

Should you feel unwell after being discharged from hospital, please contact my rooms on (07) 43311545 or after hours :The Mater hospital (07) 41539428 or Friendlies Society Private Hospital (07) 43311000.

For any medical emergency, call 000.

The Bundaberg Base Hospital is the only hospital that offers a 24 hours Emergency Department .Contact nr: (07) 41502222

I wish you a speedy recovery and I am looking forward to seeing you again at the 6 weeks post-surgical visit.

Dr Harrie Swanepoel.



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AND NEW ZEALAND COLLEGE OF
OBSTETRICIANS AND GYNAECOLOGISTS