

Hysteroscopy

Hysteroscopy serves both diagnostic and therapeutic purposes for addressing uterine issues. Utilizing a slender, illuminated instrument known as a hysteroscope, the procedure involves its insertion through the vagina into the uterus. The hysteroscope projects the uterine image onto a screen, with additional instruments employed for treatment.

Why is hysteroscopy done

A prevalent application of hysteroscopy is the investigation of abnormal uterine bleeding. Such irregular bleeding may manifest as unusually heavy or prolonged menstrual periods, infrequent or frequent menstruation, or bleeding between menstrual cycles. Causes may include benign uterine growths like fibroids or polyps.

Hysteroscopy is also employed to:

- Remove adhesions resulting from infection or prior surgery.
- Diagnose the underlying factors for recurrent miscarriages (more than two in a row).
- Locate intrauterine devices (IUDs).
- Facilitate sterilization, involving the insertion of small implants into the fallopian tubes for permanent birth control.

How is hysteroscopy performed?

The procedure can take place in a hospital under general anaesthetic and is typically scheduled outside of the menstrual period. Cervical dilation may be performed beforehand for ease. A speculum is introduced into the vagina, followed by the hysteroscope, gently maneuvered through the cervix into the uterus. Saline is then introduced to expand the uterus, aiding in better visibility. Biopsies or other procedures may be conducted using small tools passed through the hysteroscope.

What should I expect during recovery?

Patients can generally return home shortly after the procedure. Mild cramping and slight bloody discharge for a few days are normal, and pain relief medication may be prescribed. Any signs of fever, chills, or excessive bleeding should prompt immediate contact with healthcare professionals.

What are the risks of hysteroscopy?

While hysteroscopy is generally safe, there is a minimal risk of complications, such as uterine or cervical puncture, bleeding, or fluid retention. Life-threatening issues arising from hysteroscopy are exceedingly rare.