

# Hysteroscopy or D&C

An operative hysteroscopy is a surgical procedure in which fibroids or polyps are removed from the uterine cavity. Dilation and curettage (D&C) is a surgical procedure to remove tissue from the inner lining of the uterus. The cervix is dilated (made larger) and a curette (spoon-shaped instrument) is inserted into the uterus to remove tissue.

## Your Pre-Op Appointment

- During this visit, you will meet with your doctor to discuss the procedure. Your provider will discuss the risk, benefits, and alternatives to the procedure. You will have the opportunity to ask all of your questions. You will be asked to sign a surgical consent indicating that you have a good understanding of the procedure and risks involved.
- Your doctor will also update your history and physical exam with possible ultrasound at the physician's discretion. This may also involve taking blood work as well as updating your medication history. Please be prepared to discuss any medications that you are currently taking including name, dose, and frequency that you take them.
- Please alert your doctor of any allergies to latex and/or medications, including pain medications.

## Advanced Planning

- Typical recovery time is 24-72 hours for a hysteroscopy or D&C.
- A financial coordinator will contact you to discuss insurance coverage and any pre-approval requirements your insurance may have.
- You will be required to have a partner, relative, or friend who is able to drive you to and from the surgery center on the day of the surgery and spend the first 24 hours with you. Do not drive a car, operate any machinery, cook, drink alcoholic beverages or make important decision up to 24 hours after your surgery. The anesthesia and other medications in your system make it unsafe to perform these activities.

## Evening before the Procedure

- Eat a normal dinner and drink plenty of fluids.
- No food, water (any beverages), gum, breath mints, or candy after midnight.
- Medications such as prenatal vitamins or metformin should not be taken 24 hrs prior to surgery (for example, okay to take the morning dose the day before surgery). You may resume your medications after the procedure.

- Please clarify any other medications with your physician or the anesthesiologist. Approved medications should be taken with a small sip of water at least 2 hours prior to surgery such as beta blockers or ace inhibitors.

## Surgery Day

- **DO NOT EAT OR DRINK ANYTHING . . . EVEN WATER** prior to your procedure
- You may brush your teeth in the morning, but do not swallow any water. Please check in with the receptionist upon your arrival. You will be asked to show a photo ID upon check-in.
- You may bring socks to wear during the recovery. Do not wear any contact lenses or jewelry. You and your partner should not wear perfumes, colognes, lotions or scented deodorants.
- Expect to be at SRM for 1 ½ to 2 hours. **You will need someone to remain at the clinic while you are in the surgery center and drive you home,** as you may remain drowsy from the sedation medications for several hours. You may not take a taxi cab alone. If for any reason you require more time to recover from the procedure, you may be transported to the hospital to complete your recovery.

## Recovery at Home

- A hysteroscopy or D&C involves no incisions but may cause uterine cramps from the dilatation of your cervix and fluid instilled into your uterus
- Notify your doctor if you develop the following symptoms:
  - Severe persistent pain not relieved by pain medication
  - Fever 100.5 degrees Fahrenheit or greater
  - Progressive or persistent pain with urination, inability to urinate, or persistent blood in your urine.
  - Swelling/pain in the legs or calves
  - Shortness of breath, chest pain.
  - Heavy vaginal bleeding, saturating one sanitary napkin or more in an hour.
  - Vaginal discharge associated with a foul odor or unusual in appearance.
- DO NOT insert anything into the vagina for 2 weeks (no tampons/douching or intercourse).
- Vaginal bleeding varies and may last up to 10 days. You may have a full period, spotting, or no bleeding at all. Your next period may be approximately 2-6 weeks following the procedure. You may ovulate and can get pregnant before your period returns. If you do not plan to get pregnant soon, please discuss a contraceptive method with your physician.
- Use your pain medication and/or a heating pad as needed.

## Follow-up

- You should have a follow up 2-4 weeks after your procedure to be sure everything is normal and to discuss the plan. If you are having any problems before the appointment, please call our office.

**24-hour Emergency Paging (PHONE), Request the on-call (PRACTICE) Physician**