

Rapid Referral Clinic – Post Menopausal Bleeding (PMB) (page 1 of 2)

You have been referred by your GP to the Rapid Referral Clinic.

While you are with us you will be seen by a doctor and will be examined internally. You may have further investigations, such as:

- an internal ultrasound scan
- a hysteroscopy
- a biopsy.

Hysteroscopy

What is it?

A hysteroscopy is an examination of the inside of the uterus (womb) using a telescope called a hysteroscope. The scope is attached to a camera which allows the doctor to see a clear image on a video screen. (you can choose whether or not to look).

The doctor will use a speculum (like having a smear test) to access the neck of your womb (cervix). A biopsy from the endometrium (a small specimen of the womb lining) may be taken.

A hysteroscopy is performed for several reasons, including:

- heavy or irregular bleeding that has not improved with treatment from your doctor
- bleeding in between periods
- bleeding after your menopause
- irregular bleeding while you are taking hormone replacement therapy (HRT) or Tamoxifen.

Are there any risks or complications?

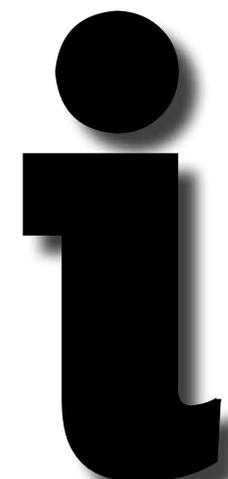
- there is a risk of bleeding with this procedure
- there is a risk of pain.

There is a small risk of:

- infection. If you find you have an increase in temperature, pain, offensive vaginal discharge or heavy bleeding, you should contact your GP
- the doctor may not be able to see the inside of your uterus clearly and further tests may be required
- fainting.

If you have had previous surgery on your uterus, these risks may be increased. If this applies to you, the doctors will explain this in more detail.

Gynaecology
 **01722 336262 ext. 2207**



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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For approximately 5% of patients, a general anaesthetic will be required. This will not happen on the same day but will be organised for the next couple of weeks in our Day Surgery Unit.

How long will it take?

You should expect to be in the clinic for 2 to 3 hours and may have:

- an ultrasound scan
- a full explanation about your visit
- a hysteroscopy
- advice about results, and what will happen next.

The most common findings are:

- in many cases we find no serious cause for the bleeding
- polyps - these are simple 'skin tags' inside your womb
- fibroids - these are benign lumps in the muscular wall of the womb.

Cancer – rarely we may find a cancer in the lining of the womb (endometrium).

What do I need to do?

You will have an ultrasound scan (an internal scan in the vagina) if you have not had one previously organised by your GP.

If you can take Ibuprofen we suggest you take a standard dose one hour before your appointment time to minimise any discomfort from the hysteroscopy.

Approximately 1 woman in 10 will require local anaesthetic into the neck of the womb (cervix) to assist with passing the camera. The anaesthetic will numb the cervix.

You may feel some period-like cramps low down. The hysteroscopy takes about 5 minutes.

What happens afterwards?

You will sit in our waiting area and have a drink if you wish. You will be able to walk, drive yourself home, or get the bus. You can go straight back to work if you wish to.

Some women experience cramp-like discomfort for up to 48 hours afterwards. Simple painkillers such as paracetamol should be sufficient for relief.

It is normal to have some light bleeding for a few days after your clinic appointment.

Results

At the end of your visit, the doctor may:

- reassure you no further investigation or treatment is necessary
- arrange for a scan or a hysteroscopy under a general anaesthetic on another day
- arrange to contact you with any results in the next 2 - 4 weeks
- arrange for your case to be referred for discussion at our multidisciplinary meeting, with further advice offered
- arrange for a gynaecology appointment to discuss in more detail any other symptoms or concerns.