

## Information following your procedure on Ambulatory Care

### **Hysteroscopy + Pipelle Biopsy Removal of Fibroid/Polyp (Myosure) Retrieval of missed Coil**

- You may experience bleeding or watery discharge after the procedure for 1-3 weeks.
- If you have had a fibroid or polyp removed you may experience bleeding for 2-4 weeks. You can expect heavier bleeding similar to a period within the first week.
- You may experience mild discomfort within the first 24-48 hours.
- We recommend no heavy lifting or strenuous activities for the rest of the day.
- We recommend that you use sanitary towels and not tampons whilst you are bleeding as this could cause an infection.
- We recommend sexual intercourse can resume after the bleeding has stopped.
- Please see the GP if you are concerned you may have an infection as they can review if you need to have a course of antibiotics.

### **Hysteroscopy and Endometrial Ablation (Novasure)**

- If you have had an ablation procedure you may experience bleeding for 2-4 weeks. You can expect heavier bleeding similar to a period within the first week post procedure.
- You will experience period like pain and cramping for the first 24-48 hours. We recommend you take regular pain relief.
- We recommend no heavy lifting or strenuous activities for the rest of the day.
- We recommend that you use sanitary towels and not tampons whilst you are bleeding as this could cause an infection.
- We recommend sexual intercourse can resume after the bleeding has stopped.
- Please see the GP if you are concerned you may have an infection as they can review if you need to have a course of antibiotics.

## **Minor procedures e.g. removal of vulval cyst**

- When cleaning the area use warm water. Avoid soaps that may irritate the wound site.
- When drying the area pat dry, do not rub the area as this may cause discomfort.
- If the consultant has used stitches these will take approximately 3-4 weeks to dissolve. If you notice any redness or discharge from the wound site please see the GP as you may need to have a course of antibiotics.
- If the consultant has used silver nitrate to stop the bleeding you may experience a dark coloured discharge for a few days, this is normal.

### **Please contact the Emergency Room if experiencing the following**

- Severe pain
- Passing blood clots (If the clots are larger than clots you may experience when on a period)
- Unable to pass urine

### **Contact Telephone Number :**

Gynaecology Emergency Room - 0151 708 9988 ext 4140

Results usually take between 4 and 6 weeks. If you have not received them please ring the switchboard on 0151 708 9988 and ask for your consultant's secretary – Please do not ring Outpatients as staff in this department are unable to give results out.

If you have an issue with a follow up appointment please call the patient appointment line on 0151 708 9988

**This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)**

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