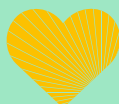


# Outpatient Hysteroscopy

A Simple, Safe, and  
Effective Procedure



fernandez

At Fernandez Hospital, we are committed to making healthcare as comfortable and stress-free as possible. That's why we offer Outpatient Hysteroscopies, a swift and minimally invasive procedure designed to assist in diagnosing and treating concerns related to your uterus—without the necessity for hospital admission or general anaesthesia. It serves as a one stop clinic for both diagnosis and treatment.



## What is a Hysteroscopy?

A hysteroscopy is a simple procedure that allows your doctor to examine the inside of your uterus using a thin, flexible, telescope-like device called a hysteroscope. The hysteroscopy gives your doctor a more precise view to identify and address concerns in a single visit.

Unlike traditional methods that require surgery, or a hospital stay, our outpatient hysteroscopy is done in a clinic setting.



## When is a Hysteroscopy Recommended?



We may recommend an Outpatient Hysteroscopy if you're experiencing:

- Heavy or irregular periods
- Post-menopausal bleeding
- Thickened uterine lining or suspected growths (such as fibroids or polyps)
- Issues with intrauterine devices (IUDs) (such as misplaced or embedded IUDs)
- Fertility concerns or recurrent miscarriages

It can also be used before inserting a Mirena coil or performing an endometrial ablation for heavy periods.



## Are Hysteroscopies safe? What are the Risks?

Hysteroscopies are generally very safe, with minimal risks. In rare cases, complications such as excessive bleeding, infection, or perforation of the uterus can occur.

However, these are uncommon (less than 2 in 1000 cases).

In some cases, the cervix may be too tight to pass the hysteroscope. In such circumstances, the procedure may be performed under general anaesthesia at a later date. In rare cases, some women develop dizziness due to pain in which they may be admitted briefly for observation.

## Why Choose Outpatient Hysteroscopy?

- **No General Anaesthesia Required** – Most women tolerate the procedure well. At most, a local anaesthetic may be used.
- **Minimal Discomfort** – Using a hysteroscope minimises pain and makes the procedure as comfortable as possible.
- **Same-Day Diagnosis and Treatment** – We can often diagnose and treat the issue in a single visit, saving you time.
- **Cost-Effective** – No hospital stay means you save both time and money.



## Why Choose Fernandez Hospital for Hysteroscopy?

- **Expert Gynaecologists** – Our experienced specialists ensure accurate diagnosis and treatment with minimal discomfort.

- **State-of-the-Art Equipment** – We use the latest, ultra-thin hysteroscopes for a gentler and more precise procedure.
- **A Woman-Centered Approach** – We understand that every woman's experience is different, and we personalise our care to suit her needs.
- **Trusted Legacy in Women's Healthcare** – With over seven decades of experience in women's health, Fernandez Hospital is committed to offering compassionate, evidence-based care.



## How is the Procedure Done?

Before the procedure, we suggest taking a mild painkiller (such as Mefenamic Acid) to ease discomfort.

Here's what to expect during the procedure:

1. A speculum is gently inserted into the vagina (like a Pap smear)
2. The hysteroscope is passed through the cervix into the uterus
3. A small amount of sterile fluid expands the uterus, offering a clear view of the inner lining on the screen

4. The doctor examines the uterus on a monitor and, if necessary, performs minor treatments right away

The process takes just a few minutes, quick, efficient, and effective.



## What to Expect After the Procedure

Most women experience mild cramping and light bleeding for a day or two, this is completely normal. You can resume your regular activities, including work and daily routine, soon after.

- Sexual activity can be resumed once the bleeding or discharge stops.
- If applicable, a follow-up consultation to discuss the biopsy results will be scheduled within a week to 10 days.

If you experience heavy bleeding, severe pain, or fever, please contact your doctor immediately.

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**Feel Heard. Feel Cared For. Feel In Control.**

**BOOK AN APPOINTMENT, CALL**



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**Fernandez Clinic, Necklace Road**