

## HYSTEROSCOPY

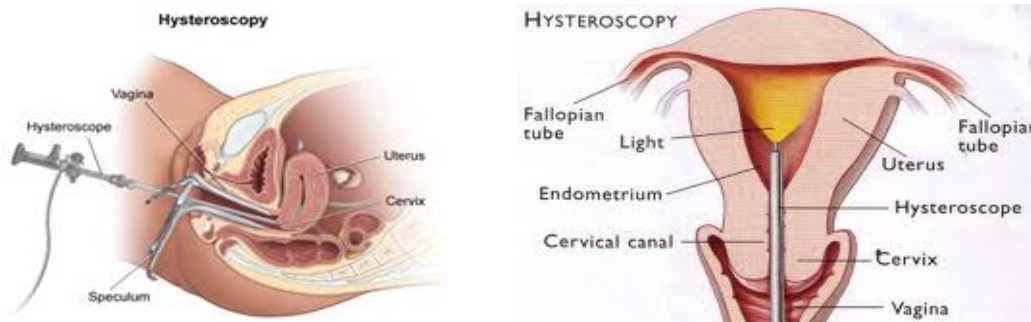
The Hysteroscopy is a fast and effective procedure; it will allow the doctor to view inside your cervix with minimal pain. You will not have to go to the hospital the doctor will be able to do this procedure in the office. This procedure needs to be done after your menstrual period because that's when your cervix is the cleanest and the physician will have a better view.

On the first day you will come to the office and a device, made out of seaweed and the size of a cotton swab, called Laminaria Tent will be inserted into your cervix. Please make sure to let the doctor know if you are allergic to seaweed or iodine.



This will help the cervix dilate for the Hysteroscopy that will be performed the next day. After the device is inserted you will be instructed to take Motrin (Ibuprofen), if you are not allergic because you may feel some mild cramping, you will also be prescribed some antibiotics. **Please don't be alarmed if the device falls out, this is normal and in rare instances has happened.** This just means that you are fully dilated.

The day of the Hysteroscopy you will be instructed to take an antibiotic and Motrin (Ibuprofen) before coming into the office. You will be placed in the room and draped appropriately. The doctor will come in and remove the device then start the procedure. The doctor will insert the scope and she will be able to see inside your cervix.



The image will be viewed through a computer screen and then saved to your electronic chart. The procedure takes no more than 10min. and there will be minimal pain. After the procedure you may experience some mild bleeding that may last for a few days, this is expected.

### **YOU WILL BE RESTRICTED FROM THE FOLLOWING ACTIVITIES FOR 7-10 DAYS:**

- Intercourse
- Jacuzzi
- Tampon use
- Tub baths

### **PLEASE NOTIFY THE OFFICE IF:**

- You have heavy bleeding with blood clots
- You develop a fever