

Hysteroscopy: Aftercare Instructions

This brochure will help you know what to expect as you recover from your hysteroscopy. Please be sure you understand these instructions care before you leave the hospital.

The next 24 hours

You were given sedation medication when you had your procedure. This medication may affect you for up to 24 hours. A friend or family member at least 18 years of age must accompany you home. For your safety, follow these instructions **for the next 24 hours**:

- Rest today.
- Do not drive or operate machinery.
- Do not make any important decisions.
- Do not drink alcoholic beverages or use marijuana.
- Do not take other muscle relaxants or sedative, hypnotic or mood-altering medications unless directed by your physician.

Care at home

Follow these instructions when you are at home:

- Do not do heavy activity for 24 hours.
- You may have a little vaginal bleeding for 2 to 3 weeks. Use a panty liner as needed.
- Do not have intercourse, douche, use tampons or put anything in your vagina for 2 weeks.
- You may take a sitz bath to relieve any tenderness as often as needed. You can buy a sitz bath basin from a drug store or use your bathtub. Fill the basin or tub with 3 to 4 inches of warm water and sit in it for 5 minutes.
- You may shower as usual.

Medications

- Take ibuprofen (Motrin®, Advil®) or acetaminophen (Tylenol®) as directed for pain.
 - Start with 600 milligrams (mg) ibuprofen every 6 hours **or** 500 mg Tylenol every 6 hours.
 - If your pain is not relieved, you may increase the ibuprofen to 800 mg every 8 hours **or** the Tylenol to 1,000 mg every 8 hours.
- Follow your usual medication schedule starting today (the day of your procedure).

When to call your physician

Contact your physician if you have any of these symptoms:

- Vaginal bleeding that is heavier than your normal period (using more than 1 pad per hour)
- Increasing abdominal discomfort (not relieved with your prescribed pain medication)
- A temperature of 100.4 degrees F or higher
- Foul-smelling vaginal discharge
- Nausea and vomiting that does not go away
- Pain that is not relieved with ibuprofen or Tylenol

Contact information

If you have any of the above symptoms, please call our office at 312.695.7382 (TTY: 711).

You will speak with the answering service. It will connect you with a nurse or page the on-call physician. If needed, they will have you come to Northwestern Medicine Prentice Women's Hospital Obstetrical Triage Unit (on the 1st floor of the hospital).

- For all other questions, call our office at 312.695.7382.
- Send messages that are not urgent, such as paperwork requests, through MyNM.
 - We may take 2 business days to respond to MyNM messages.
 - MyNM should be used for non-urgent messages only.
- **For all emergencies, call 911.**