

PROCEDURE INFORMATION SHEET – HYSTEROSCOPY FOR ASHERMAN'S

BEFORE YOUR PROCEDURE

The procedure is timed between day 3 and 12 of your menstrual cycle (day 1 is the first day of bleeding). Please call WHRIA on day 1 to make arrangements. We advise you also book your follow up appointment for two to three weeks after your procedure. The follow up appointment is included as a part of your surgery, at no additional cost.

The Prince of Wales Private hospital will call you after 4pm on the day prior to surgery and give you a time of arrival. The surgical bookings for the theatre are not confirmed until that time and are not available prior.

Start taking Doxycycline two days prior to surgery. You may also need to take other medications such as hormones, prescribed by your fertility specialist or by WHRIA's doctor.

It is recommended to stop eating and drinking from midnight the day before your procedure. You should not eat or drink for at least 6 hours prior to surgery. The hospital will confirm the exact time to stop when they call you. Take your Doxycycline antibiotic on the day of surgery, some time after the procedure and then daily until you finish the full course of antibiotics (seven days in total).

THE DAY OF YOUR PROCEDURE

Register at the admission desk on the fifth floor of the Prince of Wales Private Hospital.

You should be accompanied by a friend or family member – this person does not need to stay the whole time, but needs to pick you up after the procedure.

Often the anaesthetist will have called you one or two days prior to your planned surgery; otherwise they may see you in the day stay area prior to surgery.

You will need to change into a hospital gown and when your turn arrives, a hospital attendant will wheel you in your bed to the waiting bay.

Prior to entering the actual operating room, the anaesthetist will place a cannula in your arm to take blood for preparation of the platelet rich plasma and sometimes give you some relaxing medication.

Next you will be wheeled to the operating room, still in your bed, and be asked to transfer to the operating table.

Once the procedure is over, you will be transferred to the recovery room to wake up – most people do not remember this step – and finally back to the day stay unit. Your support person can see you there.

An hour or so later, once you have been able to drink a few sips and eaten a sandwich, you will be allowed to leave the hospital with your support person. Part of this process also involves checking your blood pressure and making sure you're able to empty your bladder.

AFTER YOUR PROCEDURE – WHAT TO EXPECT

What is common after this procedure?

You will experience some cramping sensations– at a level similar to menstruation in the lower abdomen, and possibly some low back pain. Take your usual over the counter medication such as Panadol® or Naprogesic® – a combination of Panadol® with Naprogesic® or Nurofen® is most effective (remember that you can not take more than 4,000 mg of Panadol in one period of 24 hours)

You will experience some bleeding, similar or less than a 'normal' menstrual period for up to a week. Avoid sexual intercourse and swimming while you are still bleeding.

Continue your Doxycycline as prescribed.

Continue the oestrogen supplement if prescribed by your doctor – usually Progynova®

You should expect menstruation to occur between 10 and 40 days AFTER stopping the Progynova®. If not, please first take a urine pregnancy test. If negative, contact the office.

Take it easy for the first few days:

- gentle walking is advised
- avoid intense physical activity for one week
- don't be a couch potato, as lots of research has shown that gentle movement after surgery promotes a quicker recovery and helps avoid some complications, such as thrombosis

It is important to notify the hospital or your doctor if you have:

- pain that is worsening, not improving
- pain or other problems passing urine
- bleeding that is increasing, not settling
- a fever or temperature
- you feel that you are not recovering relatively quickly
- any other symptoms that you are concerned about

YOUR NEXT APPOINTMENT

Your next appointment should be two to three weeks after the procedure – you will receive a text message or phone call confirmation if you have pre-booked your appointment. This follow-up consultation has no additional cost. Please call 1300 722 206 to make arrangements if you have not already done so.

FAQ's

What time do I have to be at the hospital? The hospital will call you the day before to confirm your time of arrival.

What should I bring to the hospital? Your medications, comfortable clothing, sanitary pads, a change of clothes, a book.

What should I do if I am nervous about the procedure? It is very 'normal' to feel anxious about a procedure. Most people find it helps if they **understand** exactly what will be done and what they will **feel** when they wake up. Ask your doctor any additional questions you may have. Research has shown that self-hypnosis and mindfulness meditation can be very effective for reducing stress and anxiety. You might like to see our psychologist or try this Mindfulness Meditation [The Body Scan](#) by Vidyamala Burch

How long does the procedure last? The procedure lasts one hour or less; then recovery time (to wake up from the anaesthetic) can be up to four hours.

What type of anaesthesia will I have? The anaesthetist will give you drugs through the drip in your arm which 'put you to sleep'. To maintain normal breathing he or she will place a mask in your mouth – there is no 'tube down your throat'.

What sensations might I feel when I wake up? You may feel some of the following: dry throat, cramping tummy pain, hiccups, low back pain or tenderness, temporary confusion, no memory of the procedure room, disoriented and sleepy. Some people experience nausea and vomiting, but this usually passes quite quickly. You can feel tired for a couple of days.

What can I do to reduce the risk for infection?

Avoid tampons and intercourse while there is bloody discharge from the vagina, and for 48hrs afterwards. Use routine hygiene of the perineum, such as rinsing with tepid water after urination; similar to after having a baby. Continue your Doxycycline® as prescribed until finished.

What are some signs that I may have an infection?

If your bleeding increases or the discharge becomes stinky or discoloured (yellow-green), you have a temperature above 38 degrees or feel feverish you should present to the nearest emergency department.

When can I travel? The risk involved in traveling is related to developing complications such as deep venous thrombosis. Travel by car, bus or train is unrestricted. However it is recommended to move around the bus or train on a regular basis or to stop the car and get out for a stretch at least every two hours. Travel by air is not recommended in the first few days after the intervention, if the travel time exceeds two hours.

When can I drive? Your support person will need to drive you home from hospital. You may feel drowsy for 24 hours after the anaesthetic and it is not advisable to drive in this state. Vehicles that require strenuous effort (eg. without power steering) should be avoided for the first week. You can drive when you no longer need to take any pain medication

When can I return to work? In general we advise you take two days of rest at least. However work duties vary considerably so it is best to discuss this with your doctor for advice specific for you.

What are my chances of miscarriage after the procedure? The risk for miscarriage is 20% for any pregnancy. There may be a slight increase in risk for women who have been treated for Asherman's Syndrome.

What are my chances of having a baby after the procedure? The overall success rate is approximately 80%. Most women conceive in the first few months after the procedure. If you are not pregnant within the next six months, then we advise you contact WHRIA for a re-evaluation.

CHECKLIST

- Book your procedure between day 3 and 12 of your cycle; and your follow up appointment 2-3 weeks after
- Arrange for a support person to drop you off and pick you up, they can see you in recovery if you wish
- 2 days before: start your Doxycycline®
- 1 day before: POWPH will call you for your arrival time and confirm the time you should start fasting (usually midnight)
- Pack your medication (Doxycycline® and others, such as Progynova®), sanitary pads, and a change of clothes
- Day of surgery: arrive at your given time to Level 5 Admissions, POW Private Hospital