

AFTER YOUR HYSTEROSCOPY

ACTIVITY:

You may resume your normal activity.

HYGIENE:

You may shower.

Do not place anything in the vagina i.e.: tampons or douches for two weeks.

No sexual intercourse for one week.

It is recommended that you not swim or soak in a hot tub or bathtub for two to four weeks. This is to prevent anything from entering the vagina, which may cause an infection.

CARE:

Light spotting is expected up to 10 days after the procedure. Use a sanitary pad during this time and change it regularly.

Mild cramping may be experienced for a few days.

CALL YOUR DOCTOR OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF:

- You have vaginal bleeding (heavier than spotting) and you are not having your period.
- You have severe abdominal pain.
- You have a fever greater than 38 degrees C.
- You have foul smelling vaginal discharge.

FOLLOW-UP:

Make an appointment to see the Surgeon 2 weeks after the procedure in the office for your results and discussion of treatment.

If you require general information or have any questions and you are not able to contact your Doctor. Please call:

Health Link Alberta

Call toll free:

1-866-408-LINK

Edmonton: 780-408-LINK

Calgary: 403-943-LINK