

- Allergic reactions following the use of the solution to open the fallopian tubes
- Injury to intra-abdominal organs and bleeding
- Infection of fallopian tubes and uterus
- The possibility of uterine perforation

Hysteroscopy procedure

First, the person is placed in the right position. The first step is to open the cervix. Then, after the opening of the cervix, the hysteroscope, which is in the form of a light telescope, is passed through the cervix and placed in the lower part of the uterus while the fluid (serum) comes out of it. The liquid provides the possibility to directly observe the internal structure of the uterus. Sometimes, after the completion of this procedure, a sample of the tissue inside the uterus is sent to the laboratory for pathological examination.

Reasons for hysteroscopy

- Uterine myomas
- Polyp (tissue mass) of the endometrial wall
- Congenital abnormalities of the uterine wall
- Diagnosing the cause of heavy menstrual bleeding
- Prolonged menstruation, bleeding and spotting between periods
- Evaluation of infertile patients
- Removal of scar tissues (adhesions) that may be due to infection or previous surgery.
- Diagnosing the cause of pelvic pain
- Identification of the place of moved (IUD)

Complications

- Abdominal pain for one to two days, feeling weak and fainting, nausea (related to anesthetic drugs), dryness and sore throat for several days.

Hysteroscopy

Hysteroscopy is a term that consists of two words hystero meaning womb and scopy meaning seeing, and it is a diagnostic and treatment method that is used in gynecological diseases and infertility. Hysteroscopy is an important tool in the investigation of infertility.

Hysteroscopy conditions

- Diagnostic hysteroscopy can be performed in outpatient clinics or hospitals under general or local anesthesia. It will take about 30 minutes to do it.
- The best time to perform hysteroscopy is immediately after the end of menstruation or at least a few days after the end of menstruation. At this time, there is the best possibility for the doctor to observe the inside of the uterus.
- It is possible to perform hysteroscopy in postmenopausal women at any time.

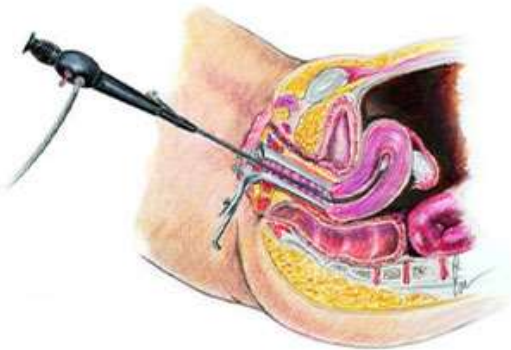


Amir-al-Momenin Medical-Educational & Research Center

Hysteroscopy

Patient Training

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Hospital website address:
<https://enamirhos.semums.ac.ir>

- Only vegetables and citrus fruits and fresh fruit juice containing vitamin C can help the wound to heal faster.

In what circumstances should you refer to a doctor:

- Refer to a doctor at the specified time
- Refer to a doctor if you have a fever of more than 38 degrees, severe abdominal pain, severe swelling of the whole body, severe vaginal discharge or bleeding, difficulty urinating, and shortness of breath.



Source: Bruner Suddarth's internal surgical nursing, 13th edition.

Advantages of hysteroscopy

- Reduction of hospitalization time
- Reducing the need to take painkillers
- Preventing hysterectomy (uterus removal)
- Preventing opening the uterus for surgery and its complications

Activity

- Avoid exercising and lifting objects heavier than 10 kg for a week.
- Do not have sexual relations for two weeks
- Sitting in the bathtub, swimming and using vaginal tampons are prohibited during this period.

Diet

- Use a high-protein, high-calorie diet to accelerate soft tissue and bone healing.
- To prevent constipation, use a high-fiber diet (fruits and vegetables) containing bran and plenty of fluids.
- It is better to avoid drinking carbonated drinks for 48 hours.