



after Transcervical Procedures

This leaflet covers hysteroscopy, pipelle biopsies and transcervical resection of endometrium/fibroids/polyps.

After-care:

- You can expect some period-like blood loss which can last up to 4 weeks.
- You may experience some period-like pain.
- Use Paracetamol/Ibuprofen as needed alongside any other prescribed medications.
- Resume sexual intercourse when you feel comfortable.
- Make sure to rest well for a few days, but you can resume normal activities when you feel well.

Things to avoid:

- Tampons/menstrual cups for 4 weeks, as they may impair healing and introduce infection.
 - Please use sanitary pads instead.
- Heavy lifting/strenuous exercise until the bleeding has stopped.

Contact your GP, 111 or the Surgical Hub if you experience:

- Offensive smelling discharge.
- Severe or worsening pain.
- Fever.
- Difficulties passing urine.

Attend your nearest A&E if you experience:

- Heavy bleeding.

Additional information:

<https://www.rcog.org.uk/for-the-public/browse-our-patient-information/pelvic-floor-repair-operation-recovering-well/>

<https://www.rcog.org.uk/for-the-public/browse-our-patient-information/outpatient-hysteroscopy/>

Key Contact numbers

If you have any concerns, you can contact:



Your GP or 111

Gynae ward at UHW (24 hours): **02921 843857**

Surgical Hub (7am-7pm Monday-Friday) – **02921 826510** or **02921 826348**