

Hysteroscopy

Hysteroscopy is a minor surgical procedure that allows the doctor to examine the inside of the uterus. In most cases this procedure can be easily accomplished in the doctor's office using a simple local anesthetic injected into the cervix much like the use of Novocain in the dentist office. During a hysteroscopy the doctor inserts a thin telescope-like device through the opening of the cervix and into the uterine cavity. This is done through the vagina so that no incisions are necessary. Fluid is then passed through the telescope to help open the uterus and allow the doctor to visualize the entire uterine cavity.

Most often hysteroscopy is used to evaluate frequent or heavy bleeding or bleeding after a woman has gone through menopause. Irregularities in the uterine lining such as polyps or fibroid tumors can be seen and evaluated using the hysteroscope. Additionally at the same time of a hysteroscopy your doctor may take a small biopsy of the uterine lining to look at abnormal cell growth.

Hysteroscopy is a safe procedure, which is most often easily accomplished right in the doctor's office. Problems like infection, heavy bleeding or injury to the cervix or uterus occur in less than 1% of cases. Most women are able to go about their normal activities immediately following the procedure, with only minor cramping or spotting. Generally only a mild pain reliever such as ibuprofen or naproxen is necessary.