

East Bay Women's Health, Inc.

Yvette Gentry, M.D.

Medical Director

Obstetrics - Gynecology - Infertility

3300 Webster Street, Suite 1200, Oakland, CA 94609

(510) 653-0846

www.obgyn-eastbay.com

Vanessa Chan, M.D.

Instructions for After your Hysteroscopy

What to Expect:

You may have a small amount of bleeding at any time over the next couple of weeks. Your bleeding should be no heavier than a light period. If any fibroids/polyps were removed, or if you had an endometrial ablation, you may have a light brown discharge with small specks of tan or pink tissue. You vaginal area may be sore for a couple of days. You may have some slight cramping which most likely will be easily controlled with Ibuprofen or Vicodin/Tylenol with codeine. If you were given a prescription for antibiotics please take the entire course as directed.

Restrictions:

Please make a follow-up appointment for 2-3 weeks after your procedure. Please refrain from placing anything in the vagina until this appointment. This means no sex, tampons or douching. No baths or hot tubs. Showers are fine.

When to Call:

If you should experience any heavy vaginal bleeding (soaking more than a pad every 1-2 hours) and it is not time for your menstrual cycle, have a fever of greater than 101 degrees, have foul smelling discharge, experience vomiting (other than immediately after your procedure), or have excessive pain that is not improved by the pain medicine, please call the office at (510) 653-0846.

Recovery:

Most patients feel well after a few days after a hysteroscopic myomectomy or polypectomy. After an endometrial ablation some patients experience minor cramping for 1-2 weeks. After an ablation, you may need to wear a pantyliner for up to 4-6 weeks due to discharge from the procedure. We typically will authorize medical disability if needed for up to 2 weeks after hysteroscopy. Most patients return to their normal activities and are back to work after 1-2 days.

We wish you a speedy recovery. If you have any questions or concerns, please call our office at (510) 653-0846.

Sincerely,

Dr. Gentry and Dr. Chan