



Outpatient hysteroscopy discharge advice

What should I know after my outpatient hysteroscopy (OPH)?

You have had a procedure today called a hysteroscopy. Using a thin and flexible hysteroscope, we examined inside of your womb (uterus).

We may have taken a small sample of tissue from the lining of the womb, called an endometrial biopsy. During the procedure, if a polyp or small fibroid was identified, we may have removed it during the same appointment.

What should I expect after my procedure?

You may experience some of the following:

- Period-like pain/cramping or lower abdominal discomfort, which can last for 1-2 days
- Watery or blood-stained discharge
- You may have some light vaginal spotting or bleeding, which can last up to a week

These symptoms are normal and will usually settle within 72 hours, although light bleeding or spotting may continue for up to a week and is not normally a cause for concern. However, if your bleeding becomes heavy or is associated with other symptoms, you should contact the numbers below for advice.

If you have inhaled analgesia during the procedure, you will need to remain in the department for around 15 minutes to recover before leaving. We recommend that you not drive for the rest of the day. If you do choose to drive, you should wait at least 30 minutes after the procedure.

What happens next?

If a uterine polyp or fibroid was removed or a biopsy was taken, the tissue samples will be sent to the laboratory department for analysis.

You and your GP will usually receive a results letter or appointment within approximately 3-6 weeks once the histology results are available. Further follow-up or treatment will depend on the results and will be arranged for you, if required. It is important to attend any follow-up appointments arranged for you after today's procedure.

What pain relief can I take after my procedure?

Some women may experience period-like pain or cramping following the procedure. You may wish to take simple pain relief, such as paracetamol or ibuprofen, if it is safe to do so. Please:

- Ensure you do not have any allergies to these medications
- Check that they do not interact with any other medication that you are currently taking
- Do not exceed the maximum recommended dose

- Consider any pain relief you have taken before and during your procedure

If your pain becomes progressively worse, please ensure that you contact the numbers below for advice.

General aftercare advice

- Use sanitary pads if bleeding occurs and avoid using tampons for 7 days
- You may resume normal physical activity once you feel comfortable
- To prevent an infection in the uterus or vagina, please do not have sexual intercourse for 7 days following your procedure
- We advise you to shower rather than take a bath for 7 days after your procedure and avoid public swimming pools, which will reduce the risk of infection
- If you feel well enough after the procedure you can go to work; most women return the following day

What to look out for

Please seek urgent medical attention if you experience any of the following symptoms after your procedure:

- Heavy bleeding that worsens or if you are soaking through pads
- If your abdominal pain is increasing or severe and not relieved by painkillers
- If you have a high temperature
- If you notice foul-smelling vaginal discharge

If you feel unwell, experience any of the symptoms above, or if your pain is not controlled by the recommended pain relief, please contact your healthcare professional (numbers below) or your nearest Accident & Emergency department. You should be assessed urgently, as this may indicate infection or another complication.

Gynaecology Outpatient Department

Monday to Friday 08:00–17:00

Good Hope Hospital: **0121 424 9354**

Birmingham Heartlands Hospital: **0121 424 1104**

Solihull Hospital: **0121 424 5382**

Contact the Gynaecology Assessment Unit if you feel unwell following your procedure

Good Hope Hospital: **0121 424 7747**

Birmingham Heartlands Hospital: **0121 424 3505**

Hysteroscopy nurse (emails/calls are not monitored daily and should not be used if urgent.)

HysteroscopyNursesUHB_HGS@uhb.nhs.uk

0121 424 9524

References – additional reading

Royal College of Obstetricians and Gynaecologists (RCOG), outpatient hysteroscopy.

Available at: www.rcog.org.uk (Accessed: 10/04/2026).



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