



## PATIENT INSTRUCTIONS FOR OFFICE HYSTEROSCOPY

Office Hysteroscopy is a special procedure designed to allow an accurate view of the inside of the uterus. This test allows your doctor to evaluate and potentially treat abnormalities within the uterine cavity, specifically, if polyps, scar tissue (adhesions/synechiae), or fibroids are present. Your doctor may order this test if you have unusual or unscheduled uterine bleeding, have repeated miscarriages, if you are infertile, or if you are planning an assisted reproductive procedure (e.g. IVF) soon. Office hysteroscopy involves inserting a thin flexible telescope into the uterine cavity while instilling a small amount of sterile fluid. On occasion, instruments may be placed down the channel of the hysteroscope in order to biopsy or remove any tissue or lesions which then may be sent to a pathology department for further analysis. The test will be performed in our office by one of our physicians along with an assistant.

1. Office hysteroscopy is generally performed between day 6 and 11 of the menstrual cycle. Please call (732) 339-9300 during normal working hours (Monday – Friday, 9:00 A.M. – 4:30 P.M.) on **the first day** of your menstrual period to schedule the test with one of our staff. The test is performed in our office.
2. No special preparation or anesthesia is generally necessary. Although most patients tolerate this procedure very well, a few experience minimal cramping. Very few complications exist. Expect to be in the office for about 30 to 45 minutes.
3. On the day before the hysteroscopy, if you are still bleeding or spotting, please call the office to reschedule your appointment for a day or two later. This test should not be done if you are still spotting or bleeding.
4. Take (1) 100 mg. tablet of doxycycline (Vibramycin) by mouth in the morning and (1) in the evening starting the day *before* the office hysteroscopy. Alert your doctor if you are allergic to this medication or tetracycline. Continue taking this medication as such for 3 consecutive days. Take 3-4 Advil or ibuprofen tablets (600-800mg) about 60-90 minutes prior to the procedure to minimize cramping. These should be taken with a little bit of food, and though you may eat lightly, it is not recommended that you have a full, heavy meal before the procedure.
5. Please check with our office staff if you have any questions regarding insurance coverage for this procedure. **\*\*\*PLEASE NOTE: IF YOUR INSURANCE COMPANY REQUIRES THAT THE OFFICE HYSTEROSCOPY BE PRE-CERTIFIED, PLEASE REMIND THE OFFICE STAFF OF THIS AS SOON AS POSSIBLE. ONCE THE PROCEDURE IS SCHEDULED, AGAIN, PLEASE CONTACT THE OFFICE AND INFORM THEM OF THE EXACT DATE THAT IT WILL BE PERFORMED.**