



**Dr Katrina Rowan**  
**MBBS (Hons), FRANZCOG, CREI**

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## **POST HYSTEROSCOPY INFORMATION**

### Follow up

Please ring to make a follow up appointment 2-4 weeks after surgery, to review your post op recovery, the pathology and devise a plan for your next step.

### General

Do not drive for 24 hours after an anesthetic or when still taking pain medication. Check with your insurance company for their specific rules about driving after surgery. Gradually increase fluid then food intake to appetite.

You can usually return to a desk job around 1-2 days after surgery, but manual work should be avoided for 1 week. Your level of energy and pain is your best guide to whether you are able to return to work or other activities. Please contact my rooms if you need an extended medical certificate

### Pain relief

Take 2 panadol every 6 hours for two days to help with discomfort. If this is not enough, add an anti-inflammatory drug such as Voltaren 50 mg, twice a day. The panadol can also be substituted for panadeine forte if you are needing strong pain control. Please contact me if you still have pain despite these measures.

### Bowels

It is common for bowels to be sluggish after surgery. I recommend that you eat a high fibre diet with plenty of fluid. If this is not enough, take a gentle fibre supplement such as Normacol 1 tsp daily until your bowel habits are back to normal. If you have not opened your bowels at all for 3 days after the surgery, please let me know.

### Vaginal bleeding

It is normal to have some moderate vaginal bleeding, like a period for up to 5 days after a hysteroscopy. The pattern should be that the bleeding decreases slowly. Please let me know if you experience very heavy bleeding or if the bleeding goes on for more than 7 days. Your normal period usually comes on time after a hysteroscopy. Sexual intercourse can resume after your bleeding has stopped.

### Exercise

Avoid crossing legs when sitting or in bed for a week after surgery. Gentle exercise such as walking to be reintroduced gradually from the day after surgery.

### Emergencies

Please let me know at any time if you have the following  
Severe pain not controlled with panadeine forte  
Nausea and vomiting where you are unable to hold down any food or fluid  
Episodes of unconsciousness/ fainting  
High fevers (over 38 degrees) or uncontrollable shivering.  
An inability to urinate despite a very full bladder.

If you are unable to contact me and have any of the above please present to your nearest emergency department.

Please let me know during waking hours if you have any of the following  
Need for panadeine forte more than 2 days after surgery  
Vaginal bleeding for longer than 7 days (unless your period is due)  
Fever (temperature over 37.4 degrees) and shivering  
Bowls not opened for more than 3 days after surgery

Kind regards

A handwritten signature in black ink, appearing to read 'K Rowan', with a stylized, cursive-like font.

Dr Katrina Rowan