



## What to expect:

# HYSTEROSCOPY INCLUDING DILATION AND CURETTAGE (D &C)

### WHAT HAPPENS?



You will be asked to lay on your back on the exam table and have your heels supported in stirrups (supports).

Anesthesia will be administered so that there is no discomfort during the procedure.

A retractor will be inserted into the vagina to gain access to the cervix.



A set of rods of increasing size, called dilators, will be gradually inserted into the cervix one at a time to gently dilate the cervix.

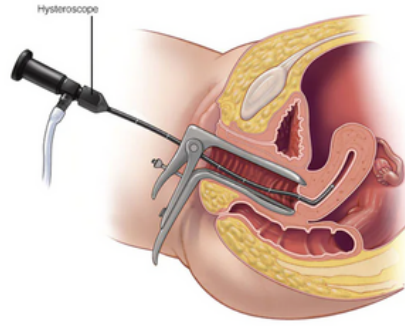


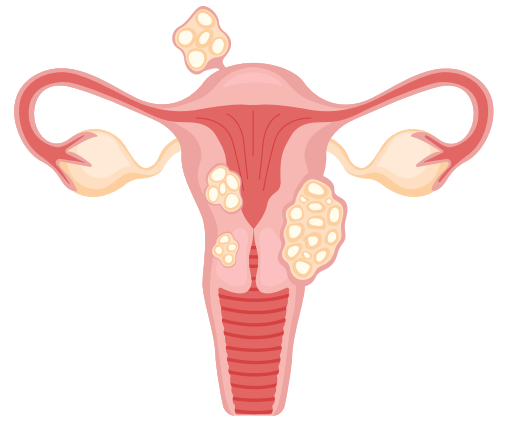
Image obtained from: <https://www.mayoclinic.org/tests-procedures/dilation-and-curettage/about/pac-20384910>

A spoon-shaped curette, suction device, and/or small camera will be inserted into the cervix and uterus depending on the procedure.

Specimens will be collected and sent for pathology.

### WHY ITS DONE?

A hysteroscopy procedure typically done to diagnose or treat a uterine condition such as unusual bleeding, uterine polyps, fibroids, or miscarriages.



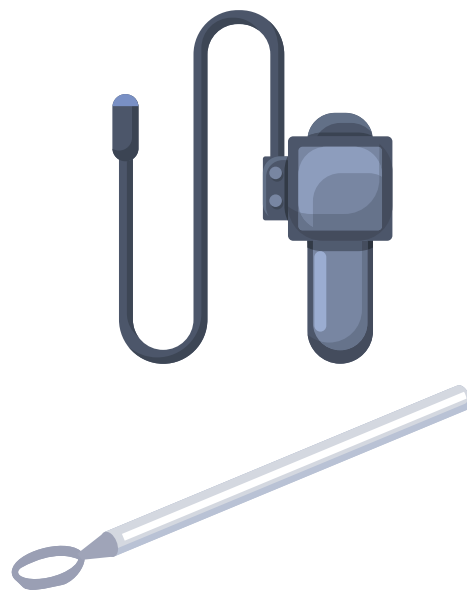
### HOW DO I GET READY?

Follow the physician's instructions on limiting food and drink intake prior to the procedure. Arrange for someone to pick you up. Allow for a few hours following the procedure to recover.



### WHAT IS IT?

A hysteroscopy or D&C procedure is done to remove small amounts of tissue from inside the uterus. A small instrument or medication will be used to dilate the cervix. A curette will be inserted to remove the tissue. To visualize or remove tissue, a hysteroscope may be used.



### WHAT HAPPENS AFTER?

Following the procedure you will spend a couple of hours in the recovery room to allow for the anesthetic to wear off. You will also be monitored for any acute complications. Typically mild cramping and light spotting will last a few days following the procedure.



### WHAT ARE THE RISKS?

Risks in general are minimal with this procedure. Uncommon risks may include: perforation of the uterus, damage to the cervix, scar tissue formation on the uterine wall (Asherman's syndrome), and infection. Contact your physician post operatively if you observe excessive bleeding, dizziness/lightheadedness, fever, cramps exceeding 48 hours, worsening pain, or foul-smelling vaginal discharge.



### RESULTS/FOLLOW-UP

Following the procedure, your healthcare team will be in contact with you to discuss the results of the procedure and any possible next steps.

