



Mercy Health
Care first

Your important health information

Following your outpatient endosurgery procedure

This leaflet gives helpful tips for patients following a hysteroscopy or insertion of Mirena® (IUD).

General well-being

- You can eat and drink normally after your procedure.
- You can return to normal activities after your test.

What to expect

- Mild cramping pain that is similar to period pain. This should settle down in a few days.
- If in pain, try a heat pack. You can take pain relief such as paracetamol.
- Vaginal bleeding may last up to a week. This bleeding may stop and start. This is normal.

Hygiene habits

- You can have a shower normally.
- Avoid baths, spas and swimming pools. There is a small risk of infection.

Sexual intercourse

- Avoid sex for seven days. This can help prevent an infection.

When can I use tampons again?

- Do not use tampons during your next period. This will help to prevent an infection. After your next period, you can start to use tampons again.

Will I have a follow-up appointment?

- You might need a follow-up appointment in the outpatient gynaecology clinic. Your doctor will inform you of this after your procedure.

Points to remember

Contact your general practitioner (GP) or your gynaecologist if you notice:

- persistent bleeding from the vagina that becomes heavier than a normal period and is bright red.
- severe lower abdominal pain that is not relieved by pain medication.
- a fever.
- an offensive smelling vaginal discharge.
- increasing nausea and vomiting.
- pain or burning on passing urine. Or the need to pass urine often.
 - This may indicate a urinary tract infection.

If you think it is an emergency and are unable to see your GP, please go straight to the Emergency Department of your nearest hospital.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Department of Urogynaecology

Phone: 03 8458 4890

Afterhours: Unavailable

Acknowledgements

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