



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Myosure (Hysteroscopy)

For patients attending outpatients and  
Day Unit

Information for patients, relatives and carers

① For more information, please contact:

## **Women's Unit**

York Hospital  
Wigginton Road, York. YO31 8HE  
Telephone: 01904 631313

Scarborough General Hospital  
Woodlands Drive, Scarborough, YO12 6QL  
Telephone: 01723 385358

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This leaflet contains information about having an outpatient hysteroscopy with Myosure. It explains a little about what will happen before, during and after your procedure and answers some of the questions that you may have.

The doctors and nurses are there to help you. They will always make time to listen to you and answer your questions. If you do not fully understand anything about your procedure, please ask.

## **What is Myosure?**

You will already have had a hysteroscopy to confirm that you have polyps or fibroids in your womb. The Myosure procedure is similar to your initial hysteroscopy but uses a device called Myosure to view and remove the polyps or fibroids.

This is done by inserting a small telescope (hysteroscope) through the vagina and into the womb. The Myosure device is passed down the telescope and cuts away the polyp or fibroid. The device is then taken out along with the polyp or fibroid.

This procedure is very similar to the initial hysteroscopy but it may take slightly longer and we may use local anaesthetic.

## **What can I expect before the procedure?**

Please eat and drink as normal before the procedure as this may help to prevent you from feeling faint afterwards.

Some people experience discomfort during the procedure. You should take some simple painkillers one hour before your appointment time. Paracetamol or ibuprofen is recommended unless you are allergic to either of them.

If you are having the procedure under general anaesthetic you will be given advice about eating and drinking at your pre assessment appointment.

## **What happens during my appointment?**

Please come to the Reception Desk and you will be booked in. You may be given a consent form to read whilst you wait.

The doctor or nurse practitioner will introduce themselves to you and explain what will happen during your appointment. You will be asked about your problem, your general health, current medication and any allergies you may have. At this stage you will be asked to sign your consent form. The procedure and any associated risks will be fully explained to you.

You will then be shown to a private cubicle and asked to remove all your clothing below the waist except your shoes and socks. A hospital gown will be provided. A nurse will be available to provide help if required.

A nurse will show you through into another room where your hysteroscopy with Myosure will take place. You will be asked to sit on an examination couch and rest your legs on two leg supports for comfort.

## **What can I expect during the procedure?**

The doctor or nurse practitioner will insert a speculum into your vagina (similar to a smear test). This will enable them to access your cervix. At this point local anaesthetic will be injected into your cervix. The hysteroscope will then be passed through the cervix into your womb. Fluid will then be introduced into the womb to distend the cavity so the doctor or nurse practitioner can gain a good view of your womb. It is normal to feel water coming out of your vagina during the procedure. Once the doctor or nurse practitioner has identified the polyp or fibroid the Myosure device is passed along the hysteroscope into your womb. It is then held against the polyp or fibroid which is then cut away by the device.

The procedure usually takes 10-25 minutes.

During this time, you may get some cramps within the lower part of your tummy, not unlike period pain. These cramps will settle after your procedure. As the procedure takes place, the nurses and doctor will be talking to you and checking how you feel at all times. If you find the procedure uncomfortable, or have any concerns during the process, please inform the doctor or nurse and the procedure will be stopped immediately.

## **What can I expect after the procedure?**

Following the procedure, you will be offered a drink and time to recover.

Additional information relating to recovery procedures will be given at your pre assessment appointment if you are having this procedure under general anaesthetic.

Occasionally some patients experience a dull ache for 24-48 hours after the procedure, however simple pain relief such as paracetamol or ibuprofen will usually help.

Most women have a little vaginal bleeding for a day or so after the hysteroscopy with Myosure. We advise that you do not use tampons, have sexual intercourse or go swimming until your bleeding has stopped. If your bleeding becomes heavier than a normal period or you have an offensive smell, then you should contact your GP for advice.

It is a good idea to arrange for somebody to accompany you home after your appointment, but this is not essential. Most women will be fine to drive or take the journey home unaided.

During an outpatient hysteroscopy with Myosure you will not have received any drugs which will affect you driving or operating any machinery. You will receive your results by letter in approximately two to three weeks. Your GP will also receive a copy of these results.

## **Are there any risks involved in having a procedure with Myosure?**

It is not uncommon for half (50%) of women to feel some discomfort and a few women have reported feeling faint and sick during their procedure. If you feel faint or sick during your appointment, we can stop the procedure. Most women usually recover quite quickly after a few minute's rest.

You may experience effects when local anaesthetic is used. This may include feeling your heart race slightly, this is normal. The local anaesthetic may cause a serious problem, but this is very rare.

In rare instances (less than 1 in 1000), the telescope can go through the wall of the womb, or the neck of the womb is damaged. If this occurred, you would usually stay in hospital overnight for observation and take a short course of antibiotics to protect against infection. In very rare cases when the womb is damaged, a small cut called a laparoscopy, or a larger cut called a laparotomy to the abdomen is necessary. Through these cuts the doctors can inspect and repair the damage to any tissues such as bowel, bladder and blood vessels. For these operations, you will need to go to sleep under a general anaesthetic and, if you have a larger cut, you will need to stay in hospital for at least three nights.



## **What are the benefits of having a procedure with Myosure?**

Surveys have shown a high level of patient satisfaction with hysteroscopy in outpatients. Having a hysteroscopy with Myosure as an outpatient avoids the need for a general anaesthetic and therefore avoiding risks associated with general anaesthetic.

## **Are there any alternatives?**

The procedure can be performed under a general anaesthetic if your consultant feels this is more appropriate.

## **Who can I contact if I need further information?**

If you have any other question relating to this procedure, please contact:

York Hospital patients

Sarah York, nurse Hysteroscopist on 01904 724862.

Scarborough Hospital patients

Sue Thompson, lead nurse for gynaecology on 01723 385290

Alternatively, you can contact your consultant's secretary via our main switchboard. Details are on the front cover.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Sarah York, Nurse Hysteroscopist on 01904 724862, York Hospital, Wigginton Road, York, YO31 8HE or Sue Thompson, lead nurse for gynaecology on 01723 385290, Scarborough General Hospital, Woodlands Drive, Scarborough, YO12 6QL.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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