

Dallas-Fort Worth Fertility Associates

Individualized Compassionate Care

HYSTEROSCOPY

Office hysteroscopy is a procedure which involves directly looking at the inside of the uterus (uterine cavity) using a special instrument called a hysteroscope. The hysteroscope has a small telescopic lens which is placed through your cervix into your uterus. Saline is injected into your uterus to distend the uterine wall to allow visualization of your uterine cavity. The hysteroscope is attached to a camera and can be viewed on a video monitor.

The test is performed between cycle days 6-10, with Cycle Day 1 being the first day of your period. If you have light spotting before your period, then Cycle Day 1 is the first day of full flow. If your period seems light (spotting), you may be pregnant and therefore cannot have the test conducted unless you have a blood pregnancy test. Call our office with the onset of your menses so that we may schedule your hysteroscopy or sonohysterogram.

An antibiotic, doxycycline (100mg), will be prescribed to prevent a uterine infection. Take doxycycline, twice daily, starting the day before the hysteroscopy, and continue for a total of 3 days (the day before, the day of, and the day after the hysteroscopy). Pharmacy instructions may indicate taking doxycycline without food. Please take with food, as can cause severe nausea if taken on an empty stomach. Also, please take Ibuprofen 800mg (four Advil) or other over-the-counter pain medicine one hour before the procedure. You may experience cramping when the saline is injected because the uterus is a muscle which contracts when distended with fluid.