



Pre-Operative Hysteroscopy Instructions

The procedure you are scheduled to have done is office **hysteroscopy**.

- The hysteroscopy procedure is done to evaluate the uterine cavity and its lining
- If you have not had a tubal ligation or are not using a reliable form of contraception, you must schedule the procedure on day 1-8 of your cycle
- The procedure takes about 15 minutes, but you will be in the office for about 2 hours

Your procedure will be completed in the office of Van Dyke Gynecology on _____, please arrive @ _____.

The Hysteroscopy procedure can be uncomfortable; like the worst period cramps you have ever had. Following the pre-procedure medication instructions will significantly decrease your discomfort.

- Take misoprostol 200 mcg 1 tablet the night prior to the procedure and 1 tablet one hour before coming to the office for the procedure, you may experience cramping, bleeding or diarrhea, this is **normal**.
- Take Motrin 800 mg 1 tablet on the night prior to the procedure with the misoprostol.
- Take 1 tablet of each; Valium 10mg and Vicodin ES (may say hydrocodone on pill bottle), one hour prior to procedure time or as directed by office staff at your pre-op appointment.
- You will also be given an intramuscular injection for pain control and local numbing medication prior to the procedure in office.

Please eat and drink something with meds prior to your appointment.

Please bring left over medications with you to your appointment.

You must have someone drive you to and from the appointment

Please plan on taking it easy for 24 hours after the procedure.

If you have any questions, please contact our office at 407-316-0156.