

# Hysteroscopic Myomectomy/Polypectomy

## Discharge Instructions

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## General Information

Hysteroscopic Myomectomy/Polypectomy is most commonly performed for women with abnormal uterine bleeding and/or fertility related problems.

### Description

This procedure is done by dilating the cervix, then inserting a small lighted telescope (called a hysteroscope) through the cervix, allowing direct visualization of the uterus. The fibroid(s)/polyp(s) are then removed using electro-resection or by mechanical removal. The method chosen for you will have been discussed with you by your doctor.

### Important Points in Treatment

- You may drink or eat anything you want when you are able.
- You may resume normal living and working activities unless you have been told otherwise.
- Avoid sexual intercourse and avoid vaginal tampons until all bleeding has completely stopped.
- Shower only, **NO BATHS OR HOT TUBS**, until all bleeding has stopped.
- You may feel some mild to moderate cramping in your lower abdomen. This may be relieved with a hot water bottle or pain medication as prescribed by your doctor.
- Contact your doctor's office to arrange for a follow-up appointment.

## Notify the Doctor or Go to the Emergency Department if any of the following happens:

- Your bleeding is heavier than your regular period.
- Bleeding lasts longer than 3 weeks from your operation.
- You have a fever or your temperature is over 38°C or 100.4°F
- There is a foul smelling vaginal discharge.
- You have severe cramps that do not stop with your pain medication.

### Besides these general instructions remember also:

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