

Hysteroscopic removal of Fibroid

Introduction

Your consultant has arranged for you to have your fibroid removed hysteroscopically (removed from the inside of the womb). You will need a general anaesthetic (be asleep) and should only be in hospital for the day.

What happens before the operation?

About five weeks before the operation you will have an injection to stop your periods. This also makes the fibroid shrink a little and makes it less likely to bleed during the operation. This makes the operation easier and the chance of a complication less likely. The injection will switch your own hormone production off for about 6 weeks so you will get menopausal symptoms during this time. e.g. hot flushes or sweats at night.

What does the operation involve?

During the operation your surgeon will stretch open the cervix (neck of the womb) with an instrument called dilators. When the cervix is wide enough a special instrument (Resectoscope) will be passed into the womb through the cervix. Fluid will be circulated round the womb so that the surgeon can clearly see the fibroid. There is a small electric wire on the end of the special instrument, which is used to slice small pieces from the surface of the fibroid. Gradually the fibroid is removed and the pieces sent to the laboratory for examination. The operation lasts about 30-45 minutes, depending on the size of the fibroid. With this procedure it is only possible to remove fibroids protruding into the cavity inside the womb. Any fibroid tissue within the wall of the womb will not be removed.

If you are sure that you will not want a further pregnancy, then the lining of the womb can be treated with heat at the same time (ablation) which will reduce your periods more than just treating fibroid. This may be worth considering if you are suffering from heavy periods and you definitely do not intend to have any more children.

Are there any complications?

Bleeding: During the operation there might be bleeding as the surgeon cuts through the vessels in the fibroid. If this happens a small tube (catheter) is placed inside the womb for a few hours to stop the bleeding. This is removed before you go home. Sometimes you might need a blood transfusion if the loss is very heavy. Very rarely the womb might have to be removed to stop the bleeding i.e. a hysterectomy.

Perforation: In 1 case in a 100 the dilators could puncture the wall of the womb. If this happened the operation would be stopped and you would be given antibiotics and have to stay in hospital overnight. Rarely the hole bleeds and then you might need an operation on your abdomen to close the hole. Then you would need to stay in hospital longer. Very rarely the womb might have to be removed to stop the bleeding i.e. a hysterectomy.

Fluid Overload: During the operation the fluid that is used to distend the inside of the

womb can get into your blood stream. If a large enough amount gets into the blood stream the operation has to be stopped and you would need to stay in hospital overnight. You would then need to come back on another day to have the operation finished.

Infection: After the operation you could get an infection inside the womb. You would have a smelly discharge and the bleeding might be heavy. If this happens you would need a course of antibiotics which you would get from your doctor (GP).

What happens after my operation?

A doctor will see you before you go home and talk to you about your operation. You may have some period like pain for a few

days. Simple painkillers like paracetamol should relieve this. It is normal to bleed for a few days, do not use tampons, use sanitary towels. A blood stained discharge can be expected for 3-4 weeks as the womb heals.

What are the dos and don'ts after my operation?

- Rest for 24 hours
- You can bath or shower the following day
- Don't use tampons until the blood stained discharge has stopped as this could introduce infection
- You can have sex again as soon as the discharge stops. Do continue contraception as before, unless you are wanting to get pregnant
- You can go back to work and continue with normal activities within about one week