

What is Hysteroscopy?

Hysteroscopy is a procedure where a small telescope the size of a pencil, fitted with a camera and light source, is gently inserted through the vagina, through the mouth of the womb (cervix), into the uterine cavity. This helps us understand how the inside of the uterus looks.

By this method a doctor can get a better view of the uterus from the inside to better diagnose a problem. Some conditions can also be treated by passing instruments through the Hysteroscope.

When should the procedure be performed?

Hysteroscopy is ideally performed just after the menstrual periods are over and before the lining of the womb has grown again (i.e. before day 11 of periods). This allows the best view inside the womb.

How does it differ from Laparoscopy?

Laparoscopy is viewing the pelvic organs from the outside, while Hysteroscopy is looking at the Uterus from inside. Laparoscopy is putting a telescope inside the tummy through the belly button. It involves making a small hole in the belly button which Hysteroscopy does not.

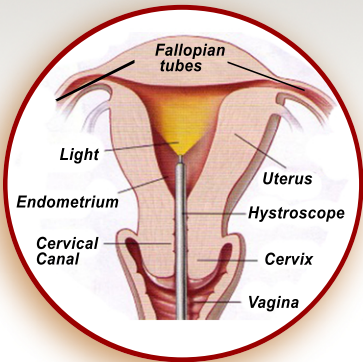
Is Hysteroscopy a painful procedure?

Hysteroscopy does not cause any pain and discomfort as it is a simple procedure and also because it is done under light anaesthesia. The patient is admitted the same morning of the procedure. The procedure itself takes about 10 minutes and she is released the same day by about 4pm.

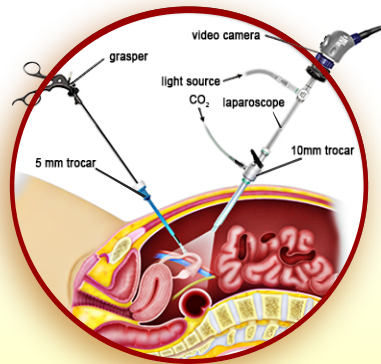
Can't the problems be diagnosed by Ultrasound or HSG?

3D ultrasound and HSG although being excellent modalities of investigation, do miss intra uterine problems in up to 30% cases. Thus Hysteroscopy remains the Gold Standard for the same.

Hysteroscopy



Laparoscopy



Can be Helpful for:

- Identifying and removal of Uterine growths like Polyps, Fibroids, Tumors etc.
- Taking Endometrial Biopsy
- Identifying Septum, a wall-like structure arising from the roof of uterus.
- Ascertaining the cavity length to exactly judge where the embryo should be dropped during IVF embryo transfer.

Laparoscopy helps investigate:

- Causes of Pelvic pain
- Infertility
- Endometriosis
- Suspected ectopic pregnancy

----- Important information-----

Hysteroscopy cannot be done while you are menstruating or are pregnant. Before booking you need to mention your LMP date and get a pregnancy test done.

It is helpful to be accompanied by a friend/relative just in case you feel light headed after the procedure.

Also discuss with your doctors, any medications you might currently be taking and also have a record of your last date of period.

Is Hysteroscopy recommended before even the first IVF cycle or would it be better to wait and do it only if first attempt fails.

This one is a tough question to answer. A study done in October 2013 looked at the cost effectiveness of doing Hysteroscopy before 1st IVF vs. doing it later. They found that although Hysteroscopy would need an additional cost, the amount it would save by way of preventing few extra IVF cycles, would justify its use before even the 1st IVF cycle. Having said that, in a country like India where costs can be a problem, what we at Care IVF have tried to do is modify this rule a bit. When patients come with problems like male factor or poor eggs, since that constitutes a definite problem, we give them a benefit of doubt and do Hysteroscopy only if we fail 1st time. In other cases we prefer doing Hysteroscopy first.

What to expect after Hysteroscopy? When can one resume normal life?

One can expect mild spotting or bleeding for a day or two after Hysteroscopy especially if corrective procedures have been done. One may feel a little weak or lethargic owing to the anaesthesia. Normal life can be resumed from the day after the procedure.

Why is Hysteroscopy important before IVF Procedure?

Despite progress in IVF, the maximum implantation rate per embryo transferred, does not usually exceed 30%.

Even if egg retrieval and fertilization did occur successfully in the process of IVF, there is an unexplained drop between embryo transfer and occurrence of pregnancy.

In anything between 11-45% cases of failure, there has been some problem found inside the uterine cavity.

Thus it only makes sense to solve this problem and increase the IVF success rates.

BOOKING INSTRUCTIONS :

Whom to contact:

- For booking you have to Contact Mrs. Gouri Tiwari at Care IVF
- You will have to provide the Last Menstrual Period (LMP) date.
- Your booking at Bhagirati Neotia or Purnam Medicals (depending upon your choice of Hospital) will be handled by us.

Pre OP tests:

- Our Obs-Gyne Consultant will give you a Pre-Operative checklist of test to be done before the procedure. **
- These Pre-Op test will cost approximately Rs. 5000/- to Rs.10000/- based on the range of tests prescribed.
- The Pre-Op tests will include an USG TVS scan that has to be done by our expert Radiologists at Care IVF. **
- You will have to book an appointment with Dr Rajeew Agarwal a day before the OT Procedure. **
- You will be discharged on the same day of the procedure.

**Out Station Patients:

- Out station patients can get these tests done from any NABL Accredited Laboratory.
- Out station patients will need four days and three nights stay at Kolkata.
- USG TVS scan will be done at Care IVF one day before the procedure.

Services

- Pre Conception Counseling
- Infertility Workup
- IUI Or Intra Uterine Insemination
- IVF Or In Vitro Fertilization
- ICSI Or Intra Cytoplasmic Sperm Injection
- Oocyte Donation And Egg Sharing Programs
- Surrogacy
- Embryo Freezing And Oocyte Freezing
- Cryo-Preserved Semen Bank
- Andrology Clinic
- TESA And PESA
- Basic And Advanced Endoscopic Surgery
- Hormone Analysis
- Genetic Counseling
- Pre Implantation Genetic Diagnosis (PGD)
- Pre Implantation Genetic Diagnosis (PGS)
- Recurrent Miscarriage Clinic
- Nutrition Clinic
- Care Pharmacy



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- ③ **Care IVF Jamshedpur:** Micheal John Tower Southern Town Area - 06, K Road, Bistupur. Ph - 0833 4950664
- ④ **Care IVF Siliguri:** Tilak Road, Hakim Para Siliguri - 734 001. Ph - 700 3822488, 9073 304279



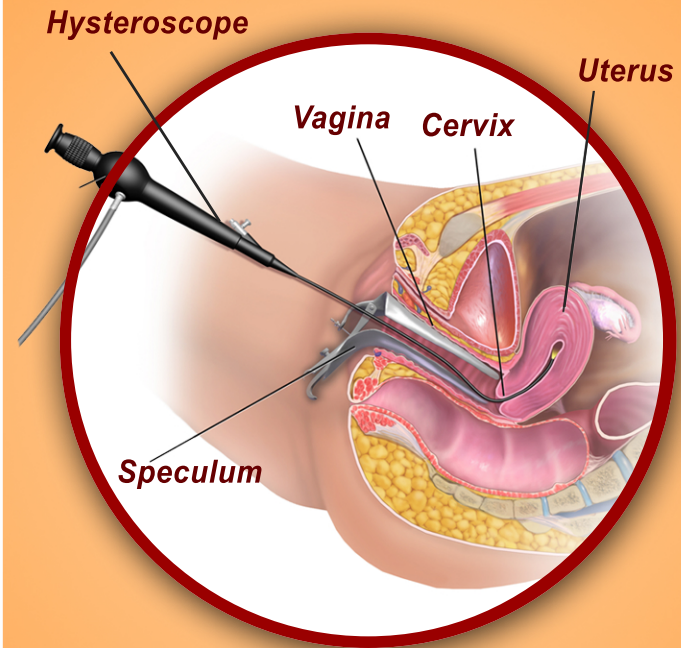
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Diagnosing Problems of Uterus



Care IVF