How can I help to reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming into and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on Twitter @buckshealthcare
This leaflet will help you to understand what is involved with the outpatient hysteroscopy procedure. This leaflet and the ‘Hysteroscopy in the Outpatient Clinic’ leaflet will be sent with your appointment letter or if it is a short notice appointment please ask your named nurse on the spinal unit for the ‘Hysteroscopy in the Outpatient Clinic’ leaflet. (leaflet code WZZ1030).

- Please make your usual arrangements for transport to the hospital for this appointment.
- Please arrive 40 minutes before the appointment time for preparation.
- Please come to Spinal Outpatients where you will be helped to undress and put on a gown. You can bring a family member or friend with you to the hysteroscopy appointment. Please remember to eat as usual and take your usual medication.
- We will then transfer you and take you to the Hysteroscopy suite which is a separate department, therefore you will be taken through hospital corridors. If you are not independent with undressing and level transfers we will still escort you to the Hysteroscopy suite and stay with you throughout the procedure.
- In order to prevent a bowel accident it is advisable to perform your normal bowel evacuation routine the evening or morning prior to the procedure.
- If you perform self intermittent catheterization you will need to empty your bladder just prior to transferring to the Hysteroscopy suite.
- Prior to this appointment the spinal unit will pre-assess you to ensure you are well enough for the procedure.
- Please bring your medication with you to this appointment e.g. Nifedipine, Glyceryl trinitrate spray or patches.
- If you are taking anticoagulants the INR levels need to be between 1.5-2.5 or the procedure will be cancelled.
- Report to nursing staff if you experience Autonomic Dysreflexia (AD) this is associated with patients who have spinal cord injury at or above the 6th thoracic vertebra (T6) AD can be trigged by any painful stimulus below the level of the spinal injury and can cause sudden hypertension (high blood pressure) and can lead to a stroke and epileptic fit and for this reason should always be treated as a medical emergency.
- If you experience the following at any point during the procedure please let us know immediately:
  - severe pounding headache
  - profuse sweating
  - feeling unwell
  - blurred vision
  - increase in spasm
  - raised blood pressure
  - flushed appearance.

If you require any further information please do not hesitate to contact the Spinal Outpatient Department on 01296 315829. We will be happy to explain the procedure and allay any fears you may have.

Division of Women, Children & Sexual Health Services
Buckinghamshire Healthcare NHS Trust
Stoke Mandeville Hospital
Hysteroscopy Booker/Appointments: Telephone: 01296 316239

We continually strive to improve the quality of information given to patients. If you have any comments or suggestions regarding this information booklet, please contact the Spinal Outpatient Department on 01296 315829.