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# Outpatient Truclear Polypectomy

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## **Truclear Polypectomy**

This involves a hysteroscopy examination of the inside of the womb (uterus) using a fine telescope, called a hysteroscope. A device is passed through the hysteroscope to remove the polyp under direct vision.

### **Why would I need a Truclear Polypectomy?**

The procedure is performed when a previous outpatient hysteroscopy has identified a polyp growing inside the uterus (womb). A uterine polyp is an overgrowth of the lining of the womb (endometrium). A polyp is usually the cause of abnormal bleeding with your periods or after the menopause (when periods have stopped).

### **What does having a Truclear Polypectomy involve?**

The doctor or the nurse will explain the procedure to you and ask you to sign a consent form. If there is anything you do not understand, please ask.

You will be asked to remove your lower garments and to lie on a special couch, covered by a sheet. The doctor or nurse will then do an internal examination to feel the size and the position of the womb.

A hysteroscope is inserted into the vagina; then passed into the womb through the cervix (the neck of the womb), with the aid of some saline infusion fluid. A camera is attached to the hysteroscope which allows the inside of the womb to be seen on a television screen and clearly view the polyp.

Once the polyp has clearly been identified the Truclear device is passed down the hysteroscope to remove the polyp under direct vision.

### **Does it hurt?**

Whilst the treatment is taking place you may experience some strong cramping pains, similar to period pain. In order to minimise the discomfort you experience we advise you take 1 gram of Paracetamol and 400 milligrams of Ibuprofen 30 minutes prior to treatment. If you have an allergy to these medications ring for advice prior to treatment.

You will be offered Entonox (Gas and Air) during the procedure if required. Please be aware that if you do require gas and air you will need someone to drive you home.

Sometimes the neck of the womb needs to be stretched so that the hysteroscope can be inserted. If this needs to be done the doctor or nurse may need to use some local anaesthetic.

Following the treatment you may continue to experience stomach cramps for about 2 to 4 hours. Continue to take your regular pain relief if required.

Once the treatment is completed you will be offered refreshments before being discharged home.

You will probably have some bleeding afterwards. This will usually settle down within 3 to 4 days. We advise that sanitary towels should be used during this time, rather than tampons, to reduce the risk of infection.

