

**AMY GARCIA, MD
GYNECOLOGY**

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Information for Patients Referred for Hysteroscopy

What is Hysteroscopy in the Office?

Welcome to the practice of Dr. Amy Garcia. You have been referred to Dr. Garcia because she is the only gynecologic surgeon in private practice in New Mexico who has received fellowship training in minimally invasive procedures for women. This includes performing specialized procedures in the office that most other gynecologists either do not perform or will only carry out in the operating room. Dr. Garcia is an expert hysteroscopic surgeon, which means she uses a small camera inside the uterus to evaluate and treat uterine bleeding issues and to assist with the placement or removal of intrauterine devices (IUDs).

What can you expect from your visit with Dr. Garcia?

You will have an appointment with Dr. Garcia that will last approximately 90 minutes. During this time, you will consult with Dr. Garcia, giving you the opportunity to explain your issue and why your medical provider believes Dr. Garcia can assist you. Dr. Garcia will review your medical records from your provider, examine any ultrasound or imaging tests you have undergone, and explain the hysteroscopic procedure in detail to address your questions. She will likely perform the hysteroscopy in the office on the same day as your consultation. This approach allows Dr. Garcia to gather all the necessary information to determine if a hysteroscopy is appropriate for your situation, ensure your comfort with her, and conduct the procedure on the same day.

For pain relief, you should take over-the-counter non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, Motrin, Advil, or naproxen. If you cannot use these medications, you may use Tylenol (acetaminophen). Please avoid skipping meals because of your procedure, and do not take the medication on an empty stomach. Take the medication *one hour before your appointment*, as this will help alleviate any mild to moderate discomfort or cramping similar to menstrual pain you may experience during the hysteroscopy.

You will remain awake and alert during the procedure and can view it on a video monitor. Dr. Garcia will explain everything you see, whether it's normal or abnormal. This method is generally well tolerated, and you will have minimal physical restrictions afterward. Unless specifically restricted, you may return to nearly all your physical activities immediately after the procedure. You will be able to drive and go back to work unless you have been given an additional sedative medication that causes drowsiness.

Scheduling your procedure with our office

Please call our office to schedule your procedure. If you prefer to text, please use the same number. If you are postmenopausal and experiencing bleeding, you may schedule at any time. If you are premenopausal and have regular menstrual cycles, please let us know, as we will try to schedule you for menstrual bleeding on your cycle days 4 through 10, where day 1 is the first day of your period bleeding. If you are premenopausal with irregular bleeding, we can select the best day for your procedure.

If you struggle with anxiety, we can prescribe additional medication, such as Valium or Xanax, which help alleviate anxiety. This medication is sedative, so you must not drive yourself after the procedure and will need to arrange transportation home. You will have activity restrictions due to the sedative nature of the medication. Additionally, you must arrive 30 minutes before your appointment to allow the medication to take effect. Please notify us when you schedule your appointment if you require additional assistance.

If you are insured, our office staff will ask for your insurance information and email or mail you a document with medical information. You can complete and return the document before your visit or bring it with you. You can also access the document on our website, amygarciamd.com, under *Information for New Patients*. Feel free to ask questions about the hysteroscopy procedure or your consultation and visit with Dr. Garcia.

We look forward to participating in your gynecologic care.