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Welcome to the Practice of Dr. Amy Garcia for Your Hysteroscopy

You have been referred to Dr. Garcia because she is New Mexico's only gynecologic surgeon in private practice with fellowship training in minimally invasive gynecologic procedures. This specialized training includes performing office-based procedures that most other gynecologists either do not perform or perform only in a hospital operating room.

Dr. Garcia is an expert hysteroscopic surgeon, meaning she uses a small, lighted camera inside the uterus to evaluate and treat uterine bleeding and to assist with the placement or removal of intrauterine devices (IUDs)—all in her office.

What to Expect from Your Visit with Dr. Garcia

Your appointment with Dr. Garcia will last approximately 90 minutes. During this time, you will:

- Consult with Dr. Garcia, giving you the opportunity to explain your issue and to explain why your medical clinician believes Dr. Garcia can assist you
- Have Dr. Garcia review your clinician's medical records and examine any ultrasound or imaging tests you have had
- Receive a detailed explanation of the hysteroscopic procedure, with time to answer all your questions

In most cases, Dr. Garcia will perform the hysteroscopy in the office on the same day as your consultation. This approach allows her to gather all the necessary information to determine whether a hysteroscopy is appropriate for your situation, ensure your comfort with her, and perform the procedure on the same day, saving you an additional visit.

Preparing for Your Procedure

For Pain Relief

To help alleviate any mild to moderate discomfort or cramping you may experience during the hysteroscopy (similar to menstrual pain), please take an over-the-counter non-steroidal anti-inflammatory drug (NSAID), such as ibuprofen, Motrin, Advil, or naproxen. If you cannot take these medications, you may use Tylenol (acetaminophen) instead.

- Please do not skip meals because of your procedure
- Do not take the medication on an empty stomach
- Take the medication approximately one hour before your appointment

What to Expect During the Procedure

You will remain awake and alert during the procedure and can watch it on a video monitor if you wish. Dr. Garcia will explain everything you see—whether it is normal or abnormal—so you are fully informed throughout. This method is generally well tolerated.

After the Procedure

You will have minimal physical restrictions afterward. Unless you have been given an additional sedative that causes drowsiness, you may return to nearly all your physical activities immediately after the procedure. You will be able to drive and return to work. You may have some restrictions on avoiding vaginal intercourse or placing anything in the vagina.

Scheduling Your Procedure with Our Office

Please call our office to schedule your procedure. If you prefer to text, you may use the same number.

- **If you are postmenopausal and experiencing bleeding**, you may schedule an appointment at any time.
- **If you are premenopausal and have regular menstrual cycles**, please let us know so we can schedule your procedure between days 4 and 10 of your cycle (day 1 is the first day of your period).
- **If you are premenopausal and have irregular bleeding**, we can select the best day for your procedure.

If You Need Extra Support for Anxiety

If you struggle with anxiety, we can prescribe additional medication, such as Valium or Xanax, to help you relax. Please be aware:

- This medication is a 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 medication's sedative effects
- 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 this additional assistance.

Insurance and Paperwork

If you are insured, our office staff will request your insurance information and email or mail you a medical information document. You can complete and return it before your visit or bring it with you on the day of your appointment. You can also access the document on our website at <http://www.amygarciamd.com> under "Information for New Patients."

We Are Here for You

Please feel free to ask any questions about the hysteroscopy procedure, your consultation, or your visit with Dr. Garcia. We look forward to supporting your gynecologic care.