

One Stop Clinic

Gynaecology

Information for patients, carers and relatives

• Home • Community • Hospital
Caring for you

Why have I been sent to the One Stop Clinic?

Your GP has referred you to the Gynaecology One Stop Clinic because you have had unusual vaginal bleeding. Most bleeding is often nothing to worry about, but sometimes it can be a sign of a health problem.

Your appointment has been arranged quickly so that a doctor can check what is causing the bleeding and make sure you get the care you need.

What is the Gynaecology One Stop Clinic?

The Gynaecology One Stop Clinic is designed to assess your symptoms and carry out any needed tests in one visit.

At your appointment, the doctor will talk with you about your symptoms and your health. They will also examine you. This may include gently feeling your tummy, doing an internal examination, and sometimes an internal ultrasound scan.

The aim of the one stop clinic is to find out what is causing your symptoms and help you feel better, all in one visit. This means you may not have to wait long for answers. If needed, you may have more tests, and sometimes treatment can be given on the same day.

If you need help getting to the hospital, or need an ambulance, your GP can help arrange this for you.

Before I arrive for my appointment

The following information will help you prepare for your appointment.

If you could become pregnant, try not to have sex without contraception from your last period until your appointment. If this does happen, it is still very important that you come to your appointment. All women under the age of 55 will be asked to give a urine (wee) sample when they arrive.

You can eat and drink as normal and keep taking your usual medicines.

Some people may need a test called a hysteroscopy. This looks inside the womb. To help with discomfort, you can **take a painkiller such as paracetamol or ibuprofen about 1 hour before your appointment**. Please read the leaflet on the packet to check the dose and make sure it is safe for you to take.

If you take blood thinning medicine, you may need to stop taking it before your appointment. Please speak to your GP or anti-coagulation clinic as soon as you receive your appointment letter. You can also contact Ward C20 at Warrington Hospital on **01925 662 063** for advice.

Where to go for your appointment

Your appointment will be at **Halton Hospital**. When you arrive, please check in at the **main outpatient's reception (Entrance A)**. You will then be directed to the Gynaecology One Stop Clinic.

Please bring:

- a list of any medicines you are taking
- details of any allergies
- information about any health problems
- information about any operations you have had in the past

How long will I be at the clinic?

Please arrive on time for your appointment. **Your visit may take up to 3 hours because you may need several tests or checks.** Refreshments will be offered while you wait.

Who will see me at the clinic?

During your visit, you may meet different members of the healthcare team. This can include nurses, healthcare assistants, sonographers (who carry out ultrasound scans), gynaecology doctors, and medical students.

Our team includes both men and women. If you need an internal examination, a female member of staff will always be present.

What is an ultrasound scan?

An ultrasound scan is a quick, safe test that uses sound waves to create pictures of the inside of your body.

For an ultrasound scan of your pelvis (lower tummy area), we use a small probe that is gently placed into the vagina. This helps us to:

- get clear pictures of your womb (uterus), including its size and shape
- measure the lining of the womb
- check the size and look of your ovaries

You will be given a private space and asked to undress from the waist down. You will be given a gown or a blanket to help keep you covered. When the probe is placed into your vagina, you may feel some pressure, but it should not be painful.

The scan usually takes about 10 minutes. If the internal scan feels too uncomfortable, we can do a tummy scan instead. This is done on the outside of your lower tummy. It can take a little longer because your bladder needs to be full.

After the scan, the doctor will look at the results and talk to you about your symptoms, general health, and what will happen next. The doctor may also do an

internal examination. If your scan shows that it is needed, you may have another test called a hysteroscopy.

What is a hysteroscopy?

A hysteroscopy is a test that uses a very small camera to look inside the womb. You may feel some cramping, a bit like period pain, but most people cope well with it. A small amount of clear water is used to help the doctor see better.

If small growths called polyps are found in the womb, these can often be removed at the same time using a tool called a MyoSure. If you have a coil (intrauterine device) that needs to be removed or if you need to have one put in, this can also be done during the test.

The procedure usually takes about 15 to 20 minutes.

What to expect after a hysteroscopy

After your hysteroscopy you will be able to go home. Most people can drive afterwards, but some women prefer to have someone with them to take them home.

You may have some pain in your tummy or pelvic area. This is usually mild and can be helped by taking painkillers such as paracetamol or ibuprofen. Please read the leaflet on the packet to check the dose and make sure it is safe for you to take.

You may also have some vaginal bleeding for 7 to 10 days after the procedure. Most people feel well enough to return to normal activities or work the next day. Some people may need to rest for a day or two. To reduce the risk of infection, please do not use tampons, have sex, or go swimming for at least one week after the hysteroscopy.

Most people do not have any problems after a hysteroscopy. You should contact your GP straight away if you have any of the following:

- heavy bleeding that does not stop
- pain that lasts for more than two days
- a swollen tummy or ongoing tummy pain
- a high temperature or fever

If you cannot contact your GP, please call Ward C20 at Warrington Hospital on 01925 662 063.

What is an endometrial biopsy?

A small plastic tube is gently placed into the womb (uterus) to take a tiny sample from the lining of the womb. This sample is sent to the laboratory to be checked. The test is quick, but it may feel a little uncomfortable.

The results are usually ready in a few weeks, and someone will contact you to explain them.

We always try to do all tests and treatments in one clinic visit. Sometimes, you may need to come back another day for more tests or treatment. If this is needed, we will arrange a follow-up appointment for you.

If the test feels too uncomfortable, or cannot be done on the day, the doctor will talk to you about having it at another time. This may be done with a general anaesthetic, which means you would be asleep during the test.

What happens next?

If you only need a scan and an examination, and no other tests are needed, you will be able to go home after your appointment.

If a biopsy (a small tissue sample) is taken during your visit, the results may take a few weeks. Your doctor will write to you with the results. Sometimes, more tests may be needed, such as a CT scan or an MRI scan.

The doctor will let you know if you need to come back to the clinic. If everything is fine, you may be discharged and your care will continue with your GP. You and your GP will receive a letter about your appointment. If needed, the doctor may also refer you to another clinic at the hospital.

What should I do if I have not heard about my results?

You should receive your results within 4 weeks of your appointment. If you have not heard from us by then, or have any questions about your appointment, please call **01925 662 327**. This number has an answering machine where you can leave a message, and a member of the team will call you back.

Useful websites and documents

North Cheshire and Mersey NHS Foundation Trust

www.northcheshireandmersey.nhs.uk

The Trust's website provides information on hospital services and a range of patient guides that may be useful.

Royal College of Obstetricians and Gynaecologists

Outpatient hysteroscopy information leaflet -

https://www.rcog.org.uk/media/beidjnh2/pi-outpatient-hysteroscopy_2025.pdf

Postmenopausal bleeding (PMB) poster -

https://www.rcog.org.uk/media/ckabsrh3/pmb-poster_2025_final.pdf