

# Endometrial resection

Gynaecology  
department

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[yeovilhospital.nhs.uk](http://yeovilhospital.nhs.uk)

The logo for Yeovil Hospital Healthcare, featuring a stylized 'Y' inside a circle with a rainbow-colored border.  
Yeovil Hospital  
Healthcare

## Endometrial resection

This operation, which involves removal of the womb lining, is done to relieve heavy periods and is an alternative to having a hysterectomy (where the womb is removed).

## Results

The majority of patients benefit from endometrial resection with:

- 30 per cent having no periods
- 30 per cent having very light periods
- 30 per cent having light periods

The remaining ten per cent will not have any improvement.

## Advantage over hysterectomy

- It is usually performed as a day case
- It is quicker to perform so there is a shorter anaesthetic time
- Usually there is little post-operative discomfort.
- Normal activities can usually be resumed within a few days

## Before admission

About four weeks before the operation, you may be asked to collect a prescription from your doctor for a course of tablets. By taking these you will make your womb lining thinner, which makes the operation easier.

## The operation

You will be admitted on the day of the operation, unless told otherwise.

The operation is done under a general anaesthetic. A small instrument is passed through the vagina into the womb and the lining is carefully scraped away. This operation involves no cutting to stitching.

There is a very small risk that the surgeon may need to remove the whole womb (called a hysterectomy).

## After the operation

- You will have moderate vaginal bleeding
- Any discomfort should be relieved by taking your usual mild pain relief, such as paracetamol
- You will be allowed to eat or drink soon after you return to the ward
- You will be allowed home either the same day or the day after your operation

## Discharge advice

- After the operation, you are likely to have moderate vaginal bleeding. This may continue for a few weeks and should decrease to a 'bloody' discharge
- You should wear pads, not tampons, until this has stopped
- Before you go home you will be advised of any follow-up appointment
- You may return to work when you feel fit but should take a minimum of two days to rest after the operation

## **You have been advised of the following:**

- You need to be accompanied home by an adult after your operation.
- There will be somebody with you for 24 hours after your operation.
- You live within one hour's drive of the hospital.
- You should not cook or operate kitchen appliances for 24 hours after your operation.
- You should not drive a car, ride a bike, operate heavy machinery, or make important legal or business decisions for 48 hours after your operation.

**If you need this leaflet in another format, eg. large print or a different language, please ask a member of staff.**

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