

Hysteroscopy

Couples looking to get pregnant may find themselves seeking help from an infertility specialist. After an infertility evaluation and diagnosis, your doctor can give you all of your options weighing cost, benefits and risks. If you are a woman combating infertility and you have irregular or uncommonly heavy periods, then your reproductive endocrinologist may wish to perform a hysteroscopy.

This procedure is performed with a hysteroscope, or a tiny telescope that allows your doctor to look around inside of your uterus. It is inserted through the vagina and cervix and is considered a minimally invasive surgery. The shape and structure of the uterus will be inspected for any abnormalities. Your doctor will look for polyps and fibroids that could be causing you problems. From here, your doctor can take biopsies of your uterine lining for closer inspection. Fibroids can be removed as well. The openings of your fallopian tubes can be inspected with the hysteroscope. For removal of fibroids, polyps or uterine lining, special surgical instruments can be inserted through the hysteroscope once it is in place.

Your doctor may suggest that you have a hysteroscopy in the office under a local anesthetic for diagnosis of uterine problems causing irregular periods, heavy bleeding or failed attempts at becoming pregnant or sustaining a pregnancy. If it is determined that a surgical procedure is necessary, then you will most likely be placed under general anesthesia for the hysteroscopy. Many surgeries inside of the uterine cavity can be performed with the help of a hysteroscope.

Recovery time is generally very low when a hysteroscope is used. This is because there are no actual incisions made during the procedure. Hysteroscopic procedures are very common when determining the causes of infertility. When used for diagnostic purposes, the complication rate is extremely low. When used operatively, you should discuss the risks associated with the specific procedure that you're having with your doctor.

Depending on your condition, your doctor may recommend a sonohysterography before a hysteroscopic procedure. This is basically a fluid injected through the cervix into the uterine cavity. A sonogram is then performed to get an idea of what may be going on inside the uterus. The fluid gives a contrasting view of the uterine cavity and can be very effective at determining the presence of uterine abnormalities.

Talk to your doctor about all of your options when determining the causes of your infertility. Choose your reproductive endocrinologist well. Consider experience, success rates and patient testimonials when making your decision. This information about hysteroscopic procedures has been provided by Dr. Daiter, Eric. Here is a sample patient testimonial about Dr. Daiter, Eric that may give you an idea of what type of person you are looking for when choosing your infertility specialist:

I was referred to Dr Eric Daiter by my OB-GYN in early 2002. Dr Daiter offers extended office hours for the convenience of his patients. As a result, my husband and I were able to get an appointment within a few days. Before even meeting Dr Daiter, I was happy with the way he accommodated us. After meeting with him, I was very pleased to have been referred to him. He was extremely professional, taking the time to thoroughly explain to us all of the available procedures, their ramifications, and their potential outcomes. I felt very comfortable to continue the pursuit to identify and understand the cause of our infertility under the care of Dr Eric Daiter.

I had the following procedures performed by Dr Eric Daiter: uterine biopsy, hysterosalpingogram, hysteroscopy and laparoscopy. In general, each procedure was completed safely, successfully and without complications. Before each procedure, Dr Daiter explained, in detail, what I could expect during each procedure and what the possible outcomes would be. Dr Daiter never progressed to the next step until he was certain that all of my questions had been addressed and I felt comfortable with the upcoming procedure. I trusted Dr Daiter because I felt he was committed to me and my husband and our quest to find the root of our infertility. I value Dr Daiter as a professional, but more importantly as a caring and compassionate human being. The attention he displays through his commitment toward his profession and patients made us feel as if he was truly an interested party and not just a detached professional.

About the Author

About the Author: Dr. Eric Daiter ([Daiter, Eric](#)) is the medical director of The NJ Center for Fertility and Reproductive Medicine, LLC, a leading NEW JERSEY INFERTILITY CENTER that offers a complete range of MALE INFERTILITY AND FEMALE INFERTILITY TREATMENT. For more information on The NJ Center for Fertility and Reproductive Medicine and [Daiter, Eric](#) please visit www.drericdaitermd.com.

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