Office hysteroscopy is a very safe procedure. It involves inserting through the vagina and cervix into the uterus. The instrument, the hysteroscope, is then gradually inserted into the uterus. Full dilation of the cervix is not needed. The instrument is advanced gently, and you may feel some pressure. You will remain conscious while the examination takes place. You will be asked to relax and屏住你的呼吸. After your hysteroscopy, you may need to rest for a few hours. The recovery process is quick. You should avoid heavy lifting or strenuous activity for 24 hours. Avoiding caffeine and smoking is recommended. You may experience minor discomfort or cramping, and there is no dressing or medication required. The doctor will explain the procedure in detail. If you have any questions, please ask your doctor. The procedure typically takes 30-60 minutes. It is performed in the office. You may need to fast before the procedure. If you have any questions, please contact the office.