

# Pelvic examination under general anesthesia

## 1. About this procedure

During the procedure both your inner and outer genital area will be examined. The examination will be performed on a gynecological examination table with your feet up in stirrups.

The examination is performed in general anesthesia which means that you are given medicine into your vein that puts you in a deep sleep so you don't feel pain, or have any awareness of what is happening to you.

## 2. Why is this procedure necessary?

It is important that you go through with the examination so the doctors can properly diagnose you and make sure the treatment is specified to you and your tumor.

We give anesthetic drugs for two reasons:

1. To make sure your pelvic muscles are completely relaxed, this ensures that the doctors can feel your tumor better.
2. in case the procedure is painful for you. We don't want to cause you any pain or trauma.

## 3. How do you prepare?

If you use any medication for high blood pressure we ask that you contact us to make sure it's safe to take before anesthesia. Some kinds of high blood pressure medication is safe, some are not.

If you use any blood thinners or cloth preventatives we ask you to tell us as soon as possible, some types you need to stop taking a few days ahead of the procedure.

The evening before the procedure you need to self administer a small enema. You can buy these without a prescription at your pharmacy. Follow the instructions on the packet.

You need to be in a fasted state before the anesthesia, this means: No food, smoking or "snus" 6 hours before the procedure. The 2 hours leading up to the procedure you can't use any gum or pastilles either

You can drink water up to two hours before the procedure.

Remove makeup and nail polish, these can make monitoring you during and after the anesthesia difficult.

You are more than welcome to bring something to keep you busy while you wait like a book or an iPad.

A blood test is needed from you before the procedure. Meet at the 1<sup>st</sup> floor at 07:30 to have your blood drawn before you go to the 3<sup>rd</sup> floor at the gynekologisk poliklinikk. If you have taken a blood test within the last week at Radiumhospitalet you will not need to take a new blood sample, you will then meet at 08:00 on the 3<sup>rd</sup> floor.

Everyone needs to be at the Poliklinikk on the 3th floor no later than 08.15.

You can't operate a vehicle after being given the anesthetic drugs. We can order a taxi or "Helseekspress" for you if necessary.

#### 4. How does the procedure work?

When you arrive there is a little bit of a wait before a nurse will show you to your bed. You will be given a hospital gown that you change into.

There is a lockable cabinet where you can store your valuables.

You will be given some painkillers as a preventative.

We advise that you use the bathroom before your procedure.

You will be taken into the examination room in your bed when it's your turn.

A nurse anesthetist will talk to you and go through a check list before she inserts a cannula in a vein on your arm.

The doctor that performs the examination will come and meet you.

There will also be two nurses in the operating room whose job is to help you and assist the doctor during the procedure.

You need to put your legs in the stirrups before you sleep to make sure that you are comfortable and there is no strain on any muscles.

The doctor will not start the procedure before you are completely asleep.

When you are asleep two nurse anesthetists monitor you closely.

Once we stop administering the drugs you will wake up. Most don't remember the waking up part.

## 5. Does it hurt?

You will not feel anything during the procedure but some can feel some pain after, we will administer more painkillers if necessary.

If your bladder has been examined you can experience some pain while peeing a few days after the procedure.

## 6. How long does it take?

Prepare to stay in the hospital the entire day, although most can leave around lunchtime (1pm)  
The procedure itself only takes 10-30 minutes.

## 7. What happens after the procedure?

You will be monitored closely by a nurse after the exam is done, when your vitals have been stable for 30 minutes you can eat breakfast.

You will need to stay in the ward for at least two hours before you go home, this way we make sure that you regain all your vital functions before we release you.

A doctor or nurse will talk to you before you leave to make sure you know what is happening next.

## 8. When do you get the results?

We will talk to you and tell you what we did during the procedure the same day, if we took a biopsy you may have to wait several days to weeks before you get your results.

We will make a plan with you for how you will receive your results, sometimes a phone call will be sufficient, and sometimes we will want you to come in.

## 9. What precautions do you need to take when you leave?

It's completely normal to feel a bit groggy and disoriented, we advise you to take things slow.

You should have the support of an adult until the next day.

## 10. Complications

Some pain and discomfort is normal. If you get strong acute pain, heavy bleeding or run a fever please contact your nearest hospital. If you live in Oslo you can contact Radiumhospitalet.

## 11. Contact information

If you have any further questions or need to contact us call: 22 93 56 91 (08.30-11.30, 12.30-15.00)