

One Stop Clinic

We have sent you an appointment for the One Stop Clinic. This information leaflet will give you some information about the clinic and about what will happen during your appointment.

What is a one stop Clinic?

It is a clinic for women who are having problems with vaginal bleeding. This could be a problem with periods, bleeding while on Hormone Replacement Therapy (HRT) or bleeding after the menopause.

What will happen at the clinic?

We will investigate your problem, carry out any test you need and make a treatment plan for you and your GP. This leaflet tells you about the tests we carry out at the clinic. Some women will only need one or two of the tests and some will need all of the tests. Even if you feel you are not suitable for any tests it is important that you come and see us at the clinic as we can work out the right investigations and treatment plan for you. It doesn't matter if you are bleeding on the day of your appointment.

You don't need to bring anyone with you to the clinic but some women find it useful to have someone with them.

You do not need to fast before coming to the clinic and it is a good idea to have something to eat before you come to the clinic.

There may be up to three or four clinics using the same waiting room so it may feel like patients are sometimes being taken out of order. Appointments are spaced 15-20 minutes apart but some patients need more time, this may mean you are kept waiting longer than your appointment time. We will always try to tell you about any delays.

What are the tests that I might have?

Vaginal scan

A vaginal scan lets us look more closely at the lining of the womb (endometrium). To do this test, we place a small tube in your vagina while you are lying with your legs in the leg rests. It is not painful; it's just like a vaginal examination. You will get the result of the test on the same day as your appointment.

Endometrial Biopsy

This is a test to take a sample of the lining of your womb. You need to lie down with your legs in leg rests. We place a speculum in your vagina. A speculum is an instrument that is used when you have a smear test and it gently holds the walls of the vagina apart. Once it is in place we pass a thin plastic straw through the neck of your womb into the womb and take the sample. While the sample is being taken, you may feel a period pain (some women don't feel anything), but this only lasts a few seconds. You will have some vaginal bleeding after the test. We will write to you at your home address with the result.

Hysteroscopy

This is a test to allow us to look at the lining inside the womb. You need to lie down with your legs in leg rests. We place a speculum in your vagina. We will give you a local anaesthetic into the neck of the womb (to numb the area), just like at the dentist. We pass a thin telescope through the neck of the womb into the womb and we can check the lining of the womb. Most women don't feel any discomfort. Some women have a period like cramp during the test. You will have some vaginal bleeding after the test. You will get the results of the test on the same day as your appointment.

Blood tests

Some women will have blood tests to investigate their problem. We will write to you at your home address with the results.