



Information for You from Your Health Care Team

Hysterectomy

What is a Hysterectomy?

It is an operation to remove the uterus (womb). The neck of the womb (cervix) is also removed. Sometimes the ovaries and tubes are taken out, too. The operation can be done either through the abdomen or the vagina.

Why is a hysterectomy done?

- Heavy and painful periods
- Fibroids which are non cancer tumors which cause pain and irregular bleeding
- PID- pelvic inflammatory disease severe infection of ovaries or tubes
- Endometriosis- when tissue from inside the womb moves outside the womb and changes during your period
- Prolapsed- weak muscles cause womb to come down into the vagina
- Cancer

What do the following mean?

Menorrhagia

It means heavy periods. The period lasts longer than 7 days, large clots form, and or flooding occurs. It can be caused by hormone levels, endometriosis, PID, or fibroids.

Fibroids

Benign tumor of the womb. They usually form in the muscle wall inside the womb or on the outside. They can grow slow or fast. Most women have few symptoms.

Pelvic Inflammatory Disease

It is caused when germs invade the womb, and can spread to tubes and ovaries. The exact mode of getting the germ is not always known. It can be from sexual intercourse.

Endometriosis

The tissue from inside the uterus moves into the abdominal cavity. During the cycle when the uterus enlarges this tissue enlarges and bleeds causing pain and tissue scarring.

Prolapse of the uterus

The muscles in the area of the rectum, vagina, and urethra are weakened and the ligaments holding the uterus stretch due to age causing the uterus to bulge into the vagina.

What effect will the hysterectomy have on me?

Most women find their health to improve and this leads to a more active life. It means you will no longer get periods and that you can't get pregnant. If your ovaries are removed, then menopausal symptoms may appear (hot flashes, insomnia, night sweats and vaginal dryness). These can be minimized by hormone replacement therapy. If your ovaries are present, they will work until menopause. It is a myth that having a hysterectomy will make you fat. Your sex life can be full and rewarding. If the cervix was removed, you will not need PAP smears. If it was left in, then smears will need to be done once in awhile.