Dear (INSERT NAME OF MP)

In (INSERT YEAR) I underwent a barbaric, painful outpatient hysteroscopy at (INSERT NAME OF HOSPITAL).

I am now a member of Hysteroscopy Action: The Campaign Against Painful Hysteroscopy (CAPH: www.hysteroscopyaction.org.uk).

The Campaign is made up of a growing number of UK patients, who have had very painful outpatient hysteroscopies and/or womb biopsies.

What is a hysteroscopy?

A hysteroscopy is an invasive procedure used to examine the inside of the uterus (womb) with a thin tube, with a camera on the end, called a hysteroscope. It is performed to diagnose/exclude womb cancer or treat conditions causing symptoms like heavy/irregular bleeding, pain, or problems with fertility, and can also be used to take biopsies, remove polyps or fibroids.

(INSERT DETAILS OF YOUR STORY)

The Royal College of Obstetricians & Gynaecologists (RCOG) states that around 1 in 3 UK hysteroscopy patients will suffer severe pain (7/10+ on a VAS pain scale) during these outpatient procedures.

CAPH has been campaigning for over a decade, to ensure that all hysteroscopy/uterine biopsy patients have:

- Full written information about the hysteroscopy/biopsy procedure including the risk of severe pain.
- Safe and effective pain relief.
- A genuine CHOICE of no anaesthesia; local anaesthesia; safe monitored conscious sedation; regional anaesthesia; general anaesthesia.
- The opportunity to make a fully informed decision about their treatment.

Under guidance set out in the latest NHS GIRFT (Getting it right first time) guidance, it is proposed that 90% of diagnostic hysteroscopies and 50% of operative hysteroscopies should be carried out in outpatients.

When we know that 1in3 women will find this procedure extremely painful, these proposals are wholly unacceptable and should be scrapped immediately.

The Campaign does not advocate a return to GA for all hysteroscopies, but patients must have the right to choose how an invasive, intimate and potentially painful procedure is carried out.

This right to choose is clearly set out in the latest RCOG (Royal College of Obstetricians and Gynaecologists) guidance, however most hospital patient information leaflets fail to share these pain relief options and do not give honest information about the likelihood of severe pain. Hospitals simply advise women to take two over the counter painkillers and liken any 'discomfort' to 'period pain'.

For a significant number of women, the pain is excruciating.

Women report fainting and some have received PTSD diagnoses because of their barbaric treatment. Lives are being put at risk, as women are too traumatised to return for further procedures.

The Campaign has collated over 10,000 horrendous accounts from women who have undergone unnecessarily painful outpatient hysteroscopy procedures.

The Campaign's petition to end barbaric NHS hysteroscopies with inadequate pain-relief, has over 67,000 signatures.

The issue has been raised recently (October 2025) in the House of Lords by Baroness Lyn Brown, who in her former role as an MP, has also raised the issue on 11 separate occasions in Parliament over the last decade.

The issue has been covered in endless news stories, on TV, radio, in magazines, journals and newspapers. These can all be found on the Campaign's website.

After my horrendous experience at (NAME HOSPITAL), in your constituency, I would like to ask for your help to ensure all women have a pain free hysteroscopy.

I would be grateful if you could give your support to the Campaign and Baroness Brown, by asking a question in the House of Commons, as to what plans are being put in place to ensure ALL future outpatient hysteroscopy procedures will be pain free and what the expected timeline to achieve this is.

NHS England, RCOG and BSGE (British Society for Gynaecological Endoscopy) have had years to put an end to this barbaric practice, and to put strategies in place to ensure that ALL women are given the necessary information to make a fully informed decision about their treatment; this is after all a legal requirement as a result of the 2015 Montgomery ruling.

I would also like to know the following:

- Do you have anaesthetist-led IV sedation + analgesia as pain relief for hysteroscopy available at any hospitals in your constituency?
- What is the current waiting list for hysteroscopy with an anaesthetist in your constituency?
- Are hospitals in your constituency aiming to achieve the unacceptable 'targets' set out in the GIRFT hysteroscopy guidance?

- Are all hospitals in your constituency offering Penthrox/Green Whistle to women who choose to have hysteroscopy awake?
- Is the new WID-easy womb cancer test available anywhere in your constituency?

Thank you for taking the time to consider this important issue.

I look forward to hearing from you soon.

Yours sincerely,

(INSERT NAME)

(INSERT ADDRESS INCL> POSTCODE – REQUIRED)

(Insert Tel no – optional)