



D&C and/or Hysteroscopy

... after the procedure

What Can I Expect After My Procedure?

Following a D&C, you may have bleeding from the uterus for a few days, cramping and some back or pelvic pain. This is considered normal after a D&C or hysteroscopy.

Instructions

- Do not douche, use tampons or have sexual intercourse for 2 weeks or until your caregiver tells you that it is okay.
- You may shower when you feel comfortable. It is recommended that you not swim or soak in a tub for two weeks. This is to prevent anything from entering the vagina—which could cause an infection.
- You may go back to work or resume normal activities in 24 hours.
- You may begin eating or drinking as soon as you feel up to it. You may resume a regular diet as long as you are not experiencing nausea or vomiting.

Medication

- Your doctor may prescribe medication to help with discomfort, cramping, bleeding and prevention of infection. Please take all medication as directed by your doctor.
- It is OK to use over the counter Ibuprofen as needed and as directed for pain or cramping, as long as you are not allergic, have stomach ulcers or kidney failure.

Follow-Up Appointment

- After surgery the doctor will let you know when you need to return for your follow-up appointment. You are responsible for making your own follow-up appointment.

Anesthesia

- Patients may be quite irritable for several hours after surgery. If sedatives were given, some patients will remain sleepy for much of the day. Nausea and vomiting is occasionally seen and usually resolves by the evening of surgery—even without therapy. Try to rest for the remainder of the day. No operating heavy machinery, driving a motor vehicle, consuming alcohol or making any important business decisions for the next 24 hours.

Please Call Your Doctor If You Have:

- Severe pain that is unrelieved by medication
- A temperature greater than 101 degrees
- Heavy vaginal bleeding (saturating 1-2 maxi pads in 1 hour) that gets worse instead of better
- Difficulty urinating
- Significant and persistent nausea or vomiting
- Excessive vaginal discharge that is foul-smelling
- Signs of infection such as headache, muscle aches, dizziness or general ill feeling

