

## **POST- D&C/HYSTEROSCOPY INSTRUCTIONS**

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### *What to expect:*

- 1) Cramping and light bleeding will last for two to seven days following the procedure. This may last up to 2 weeks if you had hysteroscopic surgery. If you are on medicine to help your uterus shrink down (i.e. Methergine), you may notice more cramping after you take each pill.
- 2) You may be somewhat groggy from the anesthesia for 24 hours or so after the surgery. Limit your activity during this time. The anesthesia may also cause some nausea and even vomiting. This should also be nearly gone by the day after the D & C.
- 3) If a cervical cone biopsy was performed with the D & C, or if a hysteroscopic surgery was performed, you may experience a watery, sometimes blood-tinged, vaginal discharge for one to two weeks following the surgery.
- 4) After an endometrial resection or ablation, you may bleed heavier for up to 2 weeks. This is then typically followed by a watery discharge which may have a mild odor. This is okay as long as there is not an obvious foul smell. This, associated with a fever, may mean an infection. If this happens, call the office. Cramping afterwards may be mild to moderate. For pain control suggestions, see #5 below. Severe cramping may sometimes occur and warrants a call to the office for stronger pain medicine. Make sure you take all of the antibiotics you were prescribed to prevent infection.

### *What to do:*

- 1) You should plan on resting the evening and possibly the next day following surgery. Avoid any heavy lifting or straining for 5 to 7 days. Gradually increase your activity as tolerated. Recovery from the anesthesia will be the most limiting factor, with each person recovering at a different rate after the surgery.
- 2) Diet: begin with clear liquids and gradually advance your diet to solid foods. Don't rush into eating regular food too soon, or your stomach may become very unhappy.
- 3) No intercourse, tampons, or douching for one week following the D & C or hysteroscopy. If

you had an endometrial resection or cone biopsy, these should be avoided for two weeks.

4) If any medicine is prescribed, make sure that you take it all. Methergine is sometimes prescribed to help your uterus contract down to its normal size more rapidly. This will decrease the amount of bleeding you have after the D & C. You will notice increased cramping after you take each pill. Occasionally, antibiotics may be prescribed. It is important that you take ALL of the pills you receive so that infection can be prevented if you are at risk for this. Or, if there is an infection present, all of the pills prescribed will be necessary to completely treat the infection.

5) You may take over-the-counter pain pills following the surgery. Prescription pain pills are usually not necessary. Ibuprofen (Nuprin, Advil, Motrin) will relieve the cramping adequately. Buy the 200 mg generic Ibuprofen (it costs much less and works just as well). You may take up to 3 or 4 tablets every 6 hours as needed for pain. Acetaminophen (Tylenol) is okay, but probably will not give you as much relief as Ibuprofen.

6) CALL the office to make an appointment for two (2) weeks after surgery if not already made.

**CALL THE OFFICE IF:**

You have heavy bleeding which is more than a normal period.

You develop severe nausea and vomiting.

You have a fever over 101.0° F.

You develop severe abdominal or pelvic pain.