

WHAT TO EXPECT AFTER YOUR D AND C / HYSTEROSCOPY:

1. Activity:

You should be able to return to normal activities the following day. The day of your surgery you may be slightly lightheaded, nauseated and tired.

2. Bleeding:

Bleeding patterns vary. Most women experience very little bleeding and cramping initially that then becomes heavier throughout the week. You will most likely have some bleeding for the first two weeks after the procedure. It is ABNORMAL to soak through a pad an hour for several hours at a time, or to notice multiple clots that persist throughout the day.

3. Reasons to Call:

- FEVER
- HEAVY VAGINAL BLEEDING (described above)
- SEVERE ABDOMINAL PAIN

4. When to expect your period:

Most women will get a normal period 2 weeks to 8 weeks following the D and C.

5. Medications after the procedure:

PAIN MEDICATION - You should not require anything stronger than Tylenol, Advil, Mortin or Aleve for cramping. Please call if you think you are in need of stronger pain medication.

METHERGINE - This medication causes the uterus to contract in order to help prevent bleeding. If you are prescribed this medication, it should be taken every 6 hours for a 24 period. You should not take this if you have blood pressure problems.

6. Call for a post-operative check up in two weeks.