

Dilation and Curettage (D&C) and/or Hysteroscopy

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Do not do any heavy lifting or exercise until Surgeon advises. Return to normal activity gradually.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Abdominal cramping may occur, similar to menstrual cramps. These cramps should be relieved by using the medication that you normally use for menstrual cramps. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products
6. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine or use recreational drugs for 24 hours after your surgery.
7. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
8. Sexual activity can be resumed when you feel ready. If your family doctor has given you a prescription for birth control pills, start them the day after you go home.
9. Vaginal bleeding similar to your normal menstrual cycle may occur. Your usual feminine products of choice may be used. If you have vaginal bleeding with clots larger than a plum, contact your doctor or return to your nearest Emergency Department.
11. You may shower/bathe any time after your surgery.
12. Contact your Doctor or seek medical attention if any of the following occurs:
 - Signs of infection, including fever and chills
 - Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
 - Cough, shortness of breath, chest pain
 - Pain that you cannot control with the medication that you have been given.
 - Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
 - Pain and/or swelling in your feet, calves or legs.

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If you have any concerns:

- ... call your surgeon/doctor,
- ... or call Telehealth 1-866-797-0000
- ... or come to the Emergency Department at Georgian Bay General Hospital

15. Phone your Family Doctor's office for a follow up appointment if required.

Specific Instructions:
