



## DILATATION AND EVACUATION

These instructions will help you take care of yourself at home.



### DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



### ACTIVITY

You may resume normal activity tomorrow. Many women feel well enough to return to work or school the following day. Avoid strenuous activity (running, horseback riding, swimming, or biking) for 2 wk. or until your follow up appointment. You may shower on the day of your procedure but **Do Not** tub bathe until after the bleeding stops.

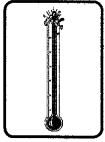


### SPECIAL INSTRUCTIONS:

**Do Not** have sexual intercourse or use tampons until after your follow up appointment. Use sanitary pads for any bleeding. Take medications as prescribed; follow instructions that are written on the bottle.

### What to expect:

- Some cramping is expected because the uterus is returning to its normal size. Tylenol or Ibuprofen can be used and a heating pad may be helpful.
- Most women will have some bleeding but some have no bleeding at all. Any bleeding may start the day of the procedure and can last up to 4 wk. The bleeding can vary from light spotting to a normal period flow and may increase when you are on the toilet or when getting up.
- The bleeding you have after the procedure is not your period. Your normal period should start within 4-6 wk.
- If you have started birth control pills, your period should start after 21 days of taking pills.
- Breast tenderness, fullness and some leaking of milk may occur a few days after the procedure. Wearing a tight fitting bra and placing ice packs on your breasts will help.



## **INFECTION**

Check your temperature twice a day and notify your Dr. if it is higher than 100.4F Other signs of infection may include bad smelling vaginal discharge, stomach pains or chills.



## **WHEN TO CALL YOUR DOCTOR**

Call 434-924-0000 and ask for

*“Resident on call” for Dr. \_\_\_\_\_ if:*

- No urine output eight (8) hours after surgery
- Temperature greater than 100.4 F
- Passing clots larger than a quarter
- Severe cramping that is not relieved by pain medicine
- Heavy bleeding (soaking more than one pad in an hour)
- Vomiting lasting more than four (4) hours

Please call the Department of Obstetrics and Gynecology office if you have any questions or concerns. (434) 924-1955

Office hours are 8:30 a.m. to 5:00 p.m. Monday – Friday

If you have questions or concerns after hours call (434) 924-0000 and ask for the GYN resident on call

**Call 911 if you have chest pain or shortness of breath**