



## **AMBULATORY D&C INFORMATION: AFTER A D&C (DILATION AND CURETTAGE)**

### **HOW MUCH BLEEDING WILL I HAVE?**

Most women will have some bleeding after a D&C; a few will have no bleeding. The bleeding can vary from light spotting to a normal period flow. This may start the day of the procedure and can last up to 4 weeks. It is normal to pass a small amount of clots. Bleeding may seem to increase when you are on the toilet or when you get up suddenly.

### **WHAT IS TOO MUCH BLEEDING?**

You are bleeding too much if you soak through more than one pad in one hour.

### **WILL I HAVE CRAMPS?**

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.

### **WHEN WILL I GET MY NORMAL PERIOD?**

The bleeding you have after the procedure is not your period. Your normal period should start 4-6 weeks after the procedure. If you have started birth control pills, your period should start after 21 days (3 weeks) of taking pills.

### **WHAT ARE THE SIGNS OF INFECTION?**

A fever, bad smelling vaginal drainage, stomach pains and chills may all be signs of infection.

### **WHEN CAN I GO BACK TO SCHOOL OR WORK?**

You may go back to your normal activities right after the procedure. It would be good to avoid strenuous activities (running, horseback riding, swimming, or biking) for 2 weeks or until your check-up. Many women feel able to return to school or work the day after the procedure. You may shower on the day of the procedure but should not take a tub bath until after the bleeding stops.

### **WHEN MAY I HAVE SEXUAL INTERCOURSE?**

It is recommended that you do not have sexual intercourse until after your check-up.

### **WHEN MAY I USE TAMPONS?**

You must wait until your first before you resume the use of tampons. Only sanitary pads should be used for the bleeding after the procedure.

### **WILL MY BREASTS BE TENDER?**

You may have some breast tenderness for a few days after the procedure – they may feel full and may even leak milk. This will usually go away in a day or two. You should not try to press any milk out. Wearing a tight fitting bra or sports bra can help. Wear breast pads if milk leaks from your breasts. Taking Tylenol and placing ice packs on your breasts can help.

## **WHEN SHOULD I HAVE A CHECK-UP?**

It is important to have a check-up in 4 weeks.

## **PROBLEMS TO REPORT:**

- Call us immediately if you have any of the following problems:
- Cramping that is severe and not relieved by pain medicine
- Temperature greater than 100°F or 38°C
- Passing clots larger than a quarter
- Heavy bleeding (soaking more than one pad in one hour)

## **PHONE NUMBERS TO CALL:**

### **Hours**

8:30 a.m. to 5:00 p.m.

After 5:00 p.m.

### **Phone**

(434) 924-1955

(434) 924-0000 \*You will need to ask for the GYN resident on call

## **MEDICATIONS**

### **Doxycycline**

This is an antibiotic taken to prevent infection. Take one every 12 hours until you have taken all of the medication. Take this medicine with plenty of fluids to help avoid stomach irritation. If upset stomach occurs, try taking this medicine with food. Do not take with milk or with antacids (ex: Roloids, Maalox). If you have problems with the following notify the clinic: nausea, diarrhea, or skin rash. This medicine may cause sensitivity to light, therefore try to avoid long exposure to sunlight. It may cause you to have a skin rash.

### **Ibuprofen**

This medication is used to treat muscle pain and menstrual cramps. Take this medication with meals or milk to avoid possible stomach irritation. Report any of the following to your doctor: stomach pain, blood in your stool, or vomit that is bloody or coffee-ground-like material. Also report: blurred vision, skin rash, or weight gain. Do not take more of this medication than your doctor has prescribed.

### **Methergine**

This medicine is given to stop excessive bleeding by causing the muscle of the uterus to contract. In order for this medicine to work it must be used as directed. If you miss a dose of this medicine, take the medication as soon as you realize you've missed it and resume the prescribed schedule. Since smoking may increase some of the harmful effects of this medicine, it is best to avoid smoking while you are being treated with it. Check with your doctor as soon as possible if any of the following side effects occur: chest pain, headache ( sudden and severe), itching of skin, pain in arms, legs or lower back, pale or cold hands or feet, shortness of breath, weakness in legs. The following are common side effects but call your doctor if any of the following become bothersome: nausea, vomiting, ringing in ears, confusion, cramping, diarrhea, dizziness, sweating.

**\*\*KEEP THESE MEDICATIONS OUT OF THE REACH OF CHILDREN\*\***

**\*\*KEEP THESE MEDICATIONS IN THEIR ORIGINAL BOTTLES\*\***

**\*\*DO NOT LET ANYONE ELSE TAKE THESE MEDICINES\*\***