



What to Expect after the D&C Procedure

Most women are discharged from our clinic within a few hours of the procedure. If there are complications or you have other medical conditions, you may be kept longer. You may be given an antibiotic to help prevent infection and possibly some pain medication to help with the initial cramping after the procedure. Things to know about taking care of yourself at home:

- Most women can return to normal activities within a few days, and some feel good enough to return to normal non strenuous activity within 24 hours.
- You may experience some painful cramping initially, but this should not last longer than 24 hours.
- Light cramping and bleeding can be expected from a few days to up to 2 weeks. Ibuprofen is usually suggested for treating cramps.
- You should not insert anything into the vaginal area, including douche and sexual intercourse, for at least 10 days or until the bleeding stops. (Your health care provider should give you specific instructions for when intercourse can resume.)
- Tampons may be used 24 hours after the D&C procedure.
- It will be unknown when ovulation will return, so once sexual intercourse is allowed, you should use a method of contraception until your health care provider says it is okay to try to get pregnant again.
- Make sure to schedule your follow up appointment, 2-4 weeks after your procedure.

WHEN TO CONTACT YOUR HEALTH CARE PROVIDER:

Most women experience few complications after a D&C procedure, but you should be aware of things that could signal a possible problem. Your health care provider should give you specific instructions on what you should expect, but you should contact them as soon as possible if you experience:

- Dizziness or fainting
- Prolonged active bleeding (over 2 weeks). Some slight brown spotting maybe normal after 2 weeks time.
- Prolonged cramping (over 2 weeks)
- Bleeding more than a menstrual period, or filling more than a pad an hour
- Severe or increased pain
- Fever over 100.4 F or chills
- Foul smelling discharge