

## Dilation and Curettage (D&C)

### Discharge Instructions

Please call the office (708-422-3242) within 48 hours of returning home to schedule or confirm a postoperative visit with your physician.

#### Medications

- Use a daily stool softener (Colace, Metamucil, MiraLAX, Fibercon or Citrucel) for constipation or slowed bowel movements. Stop using when bowel movements return to normal for you.
- Tylenol Regular Strength - 325mg by mouth every 6 hours as needed for pain
- Motrin - 600mg by mouth every 6 hours as needed for pain or cramping (take with food)
- Resume all home medications unless otherwise directed

#### Diet

- No restrictions unless otherwise directed.
- Eat well-balanced meals.
- Drink six 8-oz glasses of fluid per day.
- Eat plenty of fresh fruit and vegetables.
- You may find it easier at first to eat small frequent meals throughout the day, especially if you feel nauseous.

#### Activity

- Nothing in the vagina (no douching, tampons or intercourse) for 1-2 weeks.
- You may take a shower but *no baths* for 2 weeks.
- No hot tubs or swimming for 2 weeks.
- Return to normal activity slowly and as tolerated within 1-2 days.

#### After the D&C

- You will have some bleeding, that may last up to 14 days or longer. Notify the office if you experience bleeding that soaks one pad per hour or experience an increase in the amount of bleeding after 14 days that is unrelated to your menstrual cycle.
- Change your pad regularly throughout the day, especially if it becomes saturated.
- If you experience significant constipation, you can use one of the following:
  - Senokot, Milk of Magnesia, MiraLAX, Dulcolax tablets, Dulcolax suppository or Magnesium Citrate (10 oz)
  - Try only one of the above listed medications at a time. These do not require a prescription.
  - You may want to eat a small meal prior to taking your pain medications.
  - Do not stop your pain medication abruptly. Decrease the amount taken gradually.

### **Reasons to Contact the Doctor**

- Temperature of 101 F (38.3 C) or greater on two occasions that are 4 hours apart.
- Nausea/ vomiting unrelieved by small meals or medications.
- Constipation unrelieved by laxatives (no bowel movement for 24 hours).
- Constipation combined with nausea.
- Pain unrelieved by medication.
- Vaginal bleeding with soaking more than 1 pad per hour.
- Passing large clots.
- Foul smelling vaginal discharge.
- Difficulty or burning with urination.
- Pain and/or swelling in one or both legs.
- Difficulties breathing or chest pain, proceed immediately to the nearest Emergency Room.
- Any other concerns.

### **Follow Up**

We plan to see you in the office within 10-14 days of your procedure. If you are not given an office appointment at the time of your discharge from the hospital, please call the office at 708-422-3242 to schedule a post-operative appointment with your doctor.

### **Office Information**

- During office hours (M-F; 8am- 4:30pm) call 708-422-3242 and ask to speak with a nurse or Physician Assistant.
- After office hours call 708-422-3242 to reach the on-call physician. Please reserve evening and weekend phone calls for urgent matters only.
- If you are receiving home healthcare, call your home healthcare nurse, who will assess your condition and call the doctor if necessary.
- For emergencies call 911 or go immediately to the nearest Emergency Room.