

2016

After Your Procedure



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Post-Procedure Instructions

- 1. You must have a responsible adult to take you home by car. You should also have someone at home to stay with you and care for you for 24 hours as needed. You will not be allowed to walk home, drive yourself home, or take Metro Transit.**
- 2. For 24 hours after your procedure:**
 - Do not drive a car or operate heavy machinery.**
 - Do not sign any legal documents or important papers, or make any important decisions.**
 - Do not drink any alcohol for 24 hours or while taking pain medication.**
 - Do not care for dependents (like family members or children). Get help if needed.**
 - Do not do any strenuous sports or exercise.**
- 3. Your nurse will tell you what your blood type is before you go home. If you are RH negative, your nurse will give you an injection. The nurse will explain why you need this.**


Call your doctor if you have:

- Temperature higher than 38 degrees (C) / 100 degrees (F).
- Bad-smelling vaginal discharge.
- Strong cramping in your lower tummy area that does not settle with 1 or 2 doses Tylenol® extra strength (2 tablets every 4-6 hours), or your usual pain reliever.
- Heavy bleeding (soaking more than 1 pad per hour) that does not stop over the day. Call sooner if you are not feeling well while the bleeding lasts.
- If your doctor is not available, go to the nearest Emergency Department **or call 911.**

Preventing infection

- You will get 2 capsules of an antibiotic (doxycycline) in the recovery room. If you can't take them before discharge, the nurse will give you the antibiotics to take home and tell you when to take them. Use a UV-A sunscreen for the next 3-4 days. If you are allergic to doxycycline, the doctor may prescribe another antibiotic.
- You should not have intercourse (sex), use tampons, or use a hot tub or whirlpool for 2-3 days.
- Swimming, showering, and bathing are OK if the bleeding is light and the cramps are getting better.

What to expect after you go home

1. You may have bleeding like your regular period, pass blood clots, have light bleeding or spotting, or have days where there is no bleeding at all. You may have period-like cramps at times. This type of bleeding may continue for 2-3 weeks.
 2. You may expect your next period in about 4-5 weeks. Remember that you will ovulate before your next period. Make a birth control plan as soon as possible.
 3. You may go back to your usual activities (work, school, etc.) by the next day except those listed on the far left, under number 2.
 4. Nausea usually settles within 24 hours. Breast tenderness may last up to 1 week. Milky breast discharge may last a couple of weeks. You may find wearing a bra for support or using ice packs helpful. See your doctor if these symptoms continue.
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When to visit your doctor

We recommend that you visit your doctor 2 weeks after the procedure for a checkup. At this time, your doctor may simply ask how you are feeling and about any symptoms that need follow up, and check about your birth control plan. After an uncomplicated procedure, you should be able to have normal pregnancies in the future. Some doctors will also do a pelvic exam to check that there is no tenderness and that your uterus is a non-pregnant size.

Looking for more health information?

This pamphlet and all our active patient pamphlets are searchable here: <http://bit.ly/NSHApamphlets>
Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute healthcare or medical advice. If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.

Your emotional health

After the procedure, women may have various emotions. If you need to talk, you can call our **Counsellor** at **902-473-4078**. This service is free to use for anyone who needs it.

Questions?

If you have questions after your procedure, you may speak with a nurse by calling 902-473-7072 between 6:30 a.m. and 2:30 p.m., Monday to Friday.

Any messages left on the voicemail for the Counsellor or nurses are confidential. Your call will be returned as soon as possible. Your conversation will be private and confidential.

Please wait 2 weeks after the procedure before completing and mailing back the 'feedback card'.

If you have any questions, please ask.
We are here to help you.