

D & C (Dilation & Curettage) Discharge Instructions

Valley Regional Hospital

A D & C procedure starts with dilating (widening) the cervix. We then scrape the walls of the uterus with a small surgical tool called a curette. The procedure is done in the Operating Room and takes between 10 to 20 minutes. After, you will go to the Recovery Room for about 30 minutes and then back to Day Surgery. After you are feeling awake and comfortable, you will be discharged home.

What can I expect after a D & C?

- You may have some minor cramping or discomfort in your lower abdomen (belly). A hot water bottle or pain medication (e.g., acetaminophen (Tylenol®), ibuprofen (Advil®) may help).
- You may have a small amount of vaginal discharge for the first 2 to 3 days – this is normal. Change your pads as needed.
- You should have a regular period in about 4 to 6 weeks.

When can I go back to my usual activities?

- You may go back to drinking and eating normally when you feel you can.
- You may go back to your usual activities, including work, if you feel up to it, unless your family health care provider tells you otherwise.
- Do not have sex or use tampons until all bleeding has stopped. **Do not put anything in your vagina until your family health care provider says it is OK – this is to prevent infection while you are healing.**
- Do not have a bath or use a hot tub for 48 hours (2 days) after surgery. A shower is OK.
- Be sure to keep your followup appointments with your family health care provider. Contact your family health care provider's office to make an appointment, if you have been told to do so.

Contact your family health care provider or go to the nearest Emergency Department if you have any of the following:

- › bright red flow, large clots (e.g., bigger than a golf ball, or a kiwi), or bleeding more than your normal period
- › bleeding for more than 2 weeks after the procedure
- › fever (38° C/100.4° F or higher)
- › bad-smelling discharge
- › belly pain that gets worse or severe (very bad) cramps and that does not get better even after taking pain medication

Remember:

**What are your questions?
Please ask. We are here to help you.**

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

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

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.