

Discharge instructions after a D&C

In the first 24 hours:

- Return to a normal diet; If you feel sick try fluids only and contact us if it doesn't settle within 24 hours
- Do NOT drink alcohol, take mind-altering substances, smoke tobacco, take any medication with a sedative effect, and any other medication that is contraindicated as advised by the surgeon, nurses, and/or anaesthetist
- Do NOT drive a car, bike, or other vehicles
- Do NOT operate machinery including cooking or household duties
- Do NOT care for infants without responsible help
- Do NOT make important decisions or sign any legal documents

Note: Anaesthetic can cause adverse effects for up to 24 hours after being administered, so you must adhere to the above instructions as is required by the law

For the Next 2 Weeks:

1. Vaginal Bleeding:

Vaginal bleeding may start immediately or up to a week later, and in some cases, there may be no bleeding at all. Typically, the amount of blood loss is less than a regular period. The bleeding can last on and off for approximately 2 weeks. It may be red, pink, or brown in colour. Your next period will be approximately 4-6 weeks.

2. Sanitary Pads only (no tampons or period cups):

Use sanitary pads to monitor the amount of vaginal bleeding and to reduce your risk of infection.

3. No Sexual Activity:

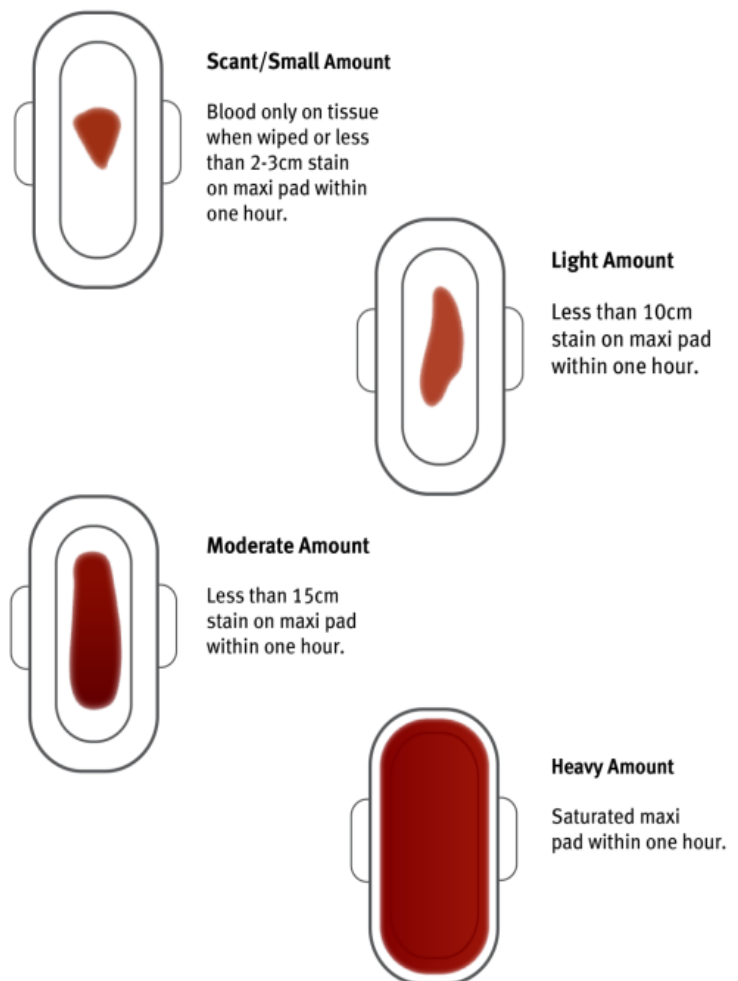
Do not have sexual intercourse or insert sex toys to minimize the risk of complications or infections.
*Please be aware, you can become pregnant straight away after the procedure, you will need to use contraception if you wish to avoid this.

4. Do not submerge in water:

Have showers instead of baths, no douching, swimming, or hot tubs. This will reduce your risk of infection.

5. Pain Management:

It is common to experience some mild to moderate discomfort or cramping after the procedure. To help, try over-the-counter pain relief such as paracetamol, buscopan or ibuprofen, or use heat packs / hot water bottle on your lower abdomen and back.



6. Light Exercise:

You can return to normal activities after 24 hours from your procedure. But for 2 weeks no rigorous exercise like weightlifting, running, high intensity training or horse riding. Also avoid lifting over 5kg.

7. Pregnancy Testing:

Your pregnancy test can still be positive for several weeks after your procedure. The pregnancy hormone will take time to decrease in your system.

8. Breast soreness:

Sometimes you may have tender breasts or may even have a small amount of milk after. The pregnancy hormones that cause this will gradually decrease over a few weeks. To help with the symptoms you should avoid stimulating your nipples, wear a firm and supportive bra, use cold packs on your breasts and take simple pain medication (e.g. paracetamol or Ibuprofen). If these tips do not help, please talk with your GP.

9. Counselling:

Everyone has different feelings about their own procedure, there is no right or wrong way to feel. If you feel you need additional emotional support, please ask for our list of support services available, we can print or email them to you.

Warning signs to seek urgent medical attention:

- Increasing pain or tenderness not managed by our recommendations
- Unusual or offensive smelling vaginal discharge
- Fever, over (38°C), chills, or night sweats
- Heavy vaginal bleeding, soaking through 2 pads within an hour
- Continuing pregnancy symptoms after 1 week from your procedure

If you have any of the above symptoms, you should review with a doctor as soon as possible. You can book with the Gynaehealth clinic although our doctor has limited days at our service. Therefore, you may need to organise an urgent GP review or attend an emergency department to be assessed. You can still follow up with our doctor however, do not delay investigations and treatment.

A pelvic ultra-sound may be required to assess for retained products and/or clot retention. If a D&C is required, this can be done at our clinic, additional costs may incur. For suspected infection, cervical swabs would be taken and a course of antibiotics may be prescribed.

Follow-up:

There is no requirement for a routine follow up. Please contact us and book to see the doctor if you are worried and would like a review. Additional costs may incur if the appointment is after 6 weeks from your procedure date, or if you do not have Medicare.

If you had a Mirena, Kyleena or copper IUD inserted, you should book a checkup appointment 4-6 weeks after. This is included in the price you have paid. Additional costs will incur if you book the review after the recommended timeframe of 6 weeks.

Contact Information:

Our contact number is **07 3397 1211** we are available Mon-Fri 8:00am-4:00pm.