

D and C (Dilation and Curettage) Discharge Instructions

Valley Regional Hospital

What happens during a D and C?

- The doctor will use a dilator to gently open your cervix (the opening to your uterus).
- Once your cervix is open, the doctor will put in a hollow, straw-like tube (called a **cannula**). This machine uses gentle suction to remove tissue from the uterus.
- The doctor may then use a spoon-shaped instrument (called a **curette**) to check the uterus walls for any leftover tissue.
- The procedure is done in the Operating Room and takes about 10 minutes.
- After, you will go to the Recovery Room for about 30 minutes and then back to Day Surgery. Once you are feeling awake and comfortable, you will be discharged home.
- **You must have a responsible adult take you home by car. You will not be allowed to walk, drive, or take a taxi or a bus by yourself.**
- **You should also have someone stay with you at home and care for you for 24 hours (1 day).** This is for your safety.

What can I expect after a D and C?

- You may have some minor cramping or discomfort in your lower abdomen (belly).
- Take acetaminophen (Tylenol®) or ibuprofen (Advil®) to help with pain. A hot water bottle may also help.
- For 14 days (2 weeks) after your procedure, you may have bleeding like your regular period, pass blood clots, have light bleeding or spotting, or not have any bleeding for days.
- You should get your next period in about 4 to 6 weeks.

When can I go back to my usual activities?

- You may go back to drinking and eating as usual when you feel you can.
- You may go back to your usual activities, including work, if you feel up to it, unless your primary health care provider (family doctor or nurse practitioner) tells you otherwise.
- **Do not** have sex or use tampons until all bleeding has stopped. **Do not** put anything in your vagina until your primary 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 follow-up appointments with your primary health care provider. Contact your primary health care provider's office to make an appointment if you have been told to do so.

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

- › Bright red flow, large clots (bigger than a golf ball), or bleeding more than your usual period
- › Bleeding that lasts for more than 2 weeks after your procedure
- › Fever (temperature above 38 °C or 100.4 °F)
- › Bad-smelling discharge from your vagina
- › Belly pain that gets worse, or severe (very bad) cramps that do not get better even after taking pain medication

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

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

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