

Dilation and Curettage (D&C) Procedure

Discharge Instructions

Call your health care provider if you have:

- severe bleeding (soaking 1 maxi pad an hour) or pass large blood clots
- severe cramps that persist or become worse
- a vaginal discharge or odour unusual to you
- chills and fever (temperature greater than 38°C or 100°F)

You may call the Women's Health Centre with questions at (306) 766-0586

For 24 hour professional health advice and information, call



- If you have received sedation, you may feel sleepy. **Do not** drive or operate machinery for 24 hours.
- Avoid any street drugs or alcohol for 36 hours after your procedure.
- Resume diet as tolerated and increase fluid intake over the next couple of days.
- You can expect light to moderate bleeding for 3 to 10 days. Passing a few small clots is normal. Some women experience menstrual cramps. This is normal as long as they do not become worse in severity. A hot water bottle may help.
- To reduce your risk of infection:
 - **Do not** have intercourse until bleeding has stopped.
 - **Do not** use tampons until your next period.
 - **Do not** use bath salts or oils in your bath water until bleeding has stopped.

CEAC 0109
November 2017