

Dilatation and Curettage (D&C) or Hysteroscopy or Endometrial Ablation

General Information

A D&C (dilatation and curettage) is a procedure where the opening of the uterus (called the cervix) is widened and the lining of the uterus is scraped away.

A dilatation and curettage of the uterus lets your health care provider:

- find the cause of unusual bleeding (such as during menopause, after sexual intercourse or abnormal menstrual bleeding)
- look for growths
- end an incomplete miscarriage.

A hysteroscopy is a procedure that allows your doctor to see inside your uterus and make a diagnosis.

An endometrial ablation is a procedure to remove the lining of the uterus to reduce bleeding.

After the Surgery

- Rest or do quiet activities for the rest of the day.
- You may take a bath or shower the next day.
- For a D&C, you may have some light vaginal bleeding for several days.
- For an endometrial ablation, you can expect light/tan colored vaginal discharge for several weeks after the procedure.

Your Health Care Provider

Name: _____

Phone number: _____

Discomfort/Medicines

- You may have some cramping for 2 to 3 days after surgery. This is normal.
- If your health care provider has ordered pain medicine, take as prescribed.

Activity

- You may return to your normal activities the day after the procedure if you are feeling well.
- You should not put anything into your vagina (tampons or douches) or have sexual intercourse for:
 - 3 to 7 days after a D&C or hysteroscopy
 - 7 to 10 days after an endometrial ablation.

Your health care provider may tell you to wait longer.

- You may drive 24 hours after the procedure if you are not taking prescription (narcotic) pain medicine.

(over)

When To Call Your Health Care Provider

Call your health care provider right away if you have any of the following:

- a temperature of 101 F or higher
- heavy bleeding (saturates one pad an hour)
- severe cramping
- have pain or a burning feeling when you urinate that last for 1 to 2 days.