

# Cerclage Procedure

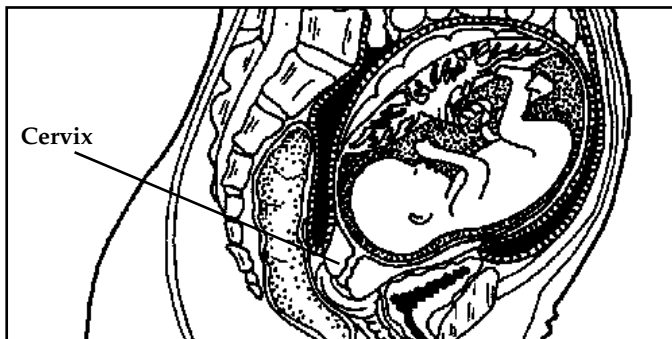
## Cerclage

A cerclage is a procedure to keep your cervix from opening. This is done to keep you from having your baby too early.

The cerclage is usually placed after 14 weeks but before 23 weeks of pregnancy.

During a cerclage, your doctor will place a stitch around the neck of the cervix, the lowest part of your uterus. The procedure will be done at the hospital.

The cerclage will be removed between 36 and 37 weeks or before you go into labor.



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**Your doctor will place a strong stitch around the neck of the cervix to keep it from opening.**

## Your Procedure

Date: \_\_\_\_\_

Arrival time: \_\_\_\_\_ a.m. / p.m.

Surgery time: \_\_\_\_\_ a.m. / p.m.

## Your Doctor

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

**After your procedure, make a follow-up appointment with your doctor for 1 week after the cerclage has been placed.**

## The Morning of Your Procedure

- You may eat up to 8 hours before your procedure.
- You may have clear liquids up to 2 hours before your procedure.
  - Drink water, fruit juice without pulp, tea or black coffee.
  - You may also have hard candy or gum.
- It's OK to take your regular medicines with a sip of water.
- Please arrive on time.

**(over)**

## During the Procedure

- There are different ways to place a cerclage. Your doctor will choose the best procedure for you.
- You will receive anesthesia for pain control. You will receive either:
  - general anesthesia to put you to sleep
  - spinal anesthesia while you are awake.
- The doctor will place a strong stitch to close your cervix.

## After the Procedure

- You may need to stay at the hospital for a few hours or overnight.
- If you go home, take it easy for the rest of the day.
- For 1 week:
  - Do not have sexual intercourse.
  - Get enough rest.
- Follow any other restrictions from your doctor.

## Follow-up Appointment

Make a follow-up appointment with your doctor for 1 week after the cerclage has been placed.

## When To Call Your Doctor

For 24 hours after the cerclage, you may have some cramping, spotting or both. Call your doctor if you have:

- severe cramping or pain
- fever
- signs of preterm labor:
  - contractions (6 or more in 1 hour)
  - pelvic pressure or feeling your baby is pushing down
  - abdominal cramping (with or without diarrhea)
  - menstrual-like cramps (for more than 1 hour)
  - change or increase in vaginal discharge
  - bleeding
  - a feeling that things aren't right
- questions or concerns.