

# After a D and C (Dilatation and Curettage)

The procedure involves stretching or dilating your cervix, then scraping the walls of the uterus with an instrument called a curette.

We do this procedure in the Operating Room. It takes between 10 to 20 minutes. Afterward, you recover in our Recovery Room until you are ready to go home.

## Care of yourself at home

- When you feel able, you can return to your normal diet.
- Shower only for the first 48 hours!
  - ✗ No tub baths or hot tubs.
  - ✗ No swimming.
- Treat any cramping or discomfort in your lower abdomen with a hot water bottle or pain medicine such as ibuprofen (Advil®, Motrin®, other) or plain acetaminophen (Tylenol®).
- You can return to everyday activities if you feel up to it, unless your doctor told you something different.
- Try not to do any heavy lifting or strenuous workouts for a day or so.
- For 2 to 7 days, expect a small amount of bleeding and discharge. Wear a sanitary pad.
- For the next 2 weeks:
  - ✗ Do not have vaginal intercourse.
  - ✗ Do not use vaginal tampons or menstrual cups.
- You should have a regular period in about 4 to 6 weeks. You can use tampons at this time.
- Contact your doctor's office as soon as possible to make a follow-up appointment.

## For 24 hours after the procedure:

- ✗ Do not drive a car.
- ✗ Do not operate machines.
- ✗ Do not travel alone.
- ✗ Do not make important decisions.
- ✗ Do not sign important papers.
- ✗ Do not drink alcohol.
- ✗ Do not take recreational drugs.

## When to get help

Call your doctor or go to the nearest Emergency Department if you notice any of the following:

- heavy, bright red bleeding
- pass large clots, bleed more than your normal period, or both
- spotting that lasts longer than 2 weeks after the procedure
- signs of infection such as a fever 38°C (100.4°F) or higher, chills, pain with passing urine, or bad smelling discharge from your vagina
- increasing abdominal pain or severe cramps, even with taking your pain medicine

## For questions or concerns

### Fraser Health Virtual Care

10:00 a.m. to 10:00 p.m., 7 days a week

Phone 1-800-314-0999

Live Chat [fraserhealth.ca/virtualcare](https://fraserhealth.ca/virtualcare)

### HealthLinkBC

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Open 24 hours a day, 7 days a week

HealthLinkBC is available in 130 languages.

For an interpreter, say your language in English. Wait until an interpreter comes on the phone.