

Name: _____

How do I take care of myself at home?

- Do not put anything into your vagina for 6 weeks

This means:

No tampons No douching No sexual intercourse
--

- You may have a bath or shower

Expect to have:

- The urge to urinate frequently
- A small amount of bloody, watery discharge lasting up to 6 weeks

Notify your doctor if you have:

- A fever over 38° C or 100.4° F
- A change in the amount and smell of discharge
- An increase in bleeding
- Severe stomach cramps and pain medicine does not help

Will I still have my period after surgery?

You may have lighter periods or more normal periods. Some women's periods stop completely.

Can I still get pregnant?

You probably cannot get pregnant. Check with your doctor to see if you need birth control.

What if I have pain?

You may have some pain in your vagina.

- Take over-the-counter medicine such as acetaminophen (Tylenol) and Ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to take them
- Your doctor may give you a prescription for pain medicine
- Be sure and follow instructions on the medicine bottle

Follow-up Instructions:

Other:

Questions or Concerns:

Health Link BC: 811
(604) 215-2400

Hearing Impaired: 1 866 889-4700
Or, contact your physician

In an Emergency: Call 911 or go to the hospital emergency room