

**Open Hours**

Mon - Fri: 9 am - 5(7) pm | Sat, Sun: Closed

## Hysteroscopy

To ensure your well being and help you have a smooth recovery, we encourage you to read these helpful guidelines. Please read them again after 12 hours because you may be a little drowsy at this time from the medications we used for the procedure.

**Please call us, or come to the office, if any of the following occurs:**

You experience pain that simple pain medication(Tylenol or Ibuprofen) does not relieve quickly.

Unusual vaginal swelling

Heavier bleeding (more than a light period)

You develop signs of infection:

- general ill feeling
- fever and/or chills
- headache and/or dizziness
- muscle aches
- pelvic pain
- vaginal discharge increases or smells unpleasant
- frequency of urination, or burning when urinating

**General measures****Medication**

- Antibiotics are often given during, or following the procedure to help prevent any infections.
- Anti inflammatories will help alleviate cramps and pain. Please use Ibuprofen (e.g. Advil, Motrin) 200 to 400mg every 6-12 hours as needed. (Unless you have an allergy to ASA(Aspirin) and anti inflammatories)
- You may use nonprescription drugs, such as acetaminophen (Tylenol) for minor pain.

- You should continue using other regular prescription drugs unless told otherwise by Dr. Ivanov. This includes contraception.

## **Activity**

- Resume driving in 1 or 2 days.
- You can resume normal activities as soon as you are able. The sooner the better.
- Resume sexual relations after 2 weeks.

## **Diet**

Enjoy a normal diet and drink fluids as soon as possible.