



Discharge Instructions for Dilation and Curettage (D and C)

You had a dilation and curettage (D&C). The reasons for having this procedure vary from person to person. The D&C may be done to control heavy uterine bleeding, to find the cause of irregular bleeding, to perform an abortion, or to remove pregnancy tissue if you have had a miscarriage.

Home care

- Take it easy. Rest for 2 days as needed.
- Return to your normal activities after 24 to 48 hours. You may also return to work at that time.
- Eat a normal diet.
- Take an over-the-counter pain reliever for pain, if needed.
- Remember, it's OK to have bleeding for about a week after the procedure. The amount of bleeding should be similar to what you have during a normal period.
- Don't drive for 24 hours after the procedure unless specifically told by your provider that it is OK to do so.
- Don't have sex or use tampons or douches until your doctor says it's safe to do so.

Follow-up

Make a follow-up appointment, or as directed.

When to call your doctor

Call your doctor right away if you have any of the following:

- Bleeding that soaks more than one sanitary pad in one hour
- Severe abdominal pain
- Severe cramps
- Fever above 100.4°F (38.0°C)
- A foul smelling vaginal discharge