

# Dilatation and Curettage (D&C) or Hysteroscopy or Endometrial Ablation

## General Information

A D&C (dilatation and curettage) is a procedure where the opening of the uterus (called the cervix) is widened and the lining of the uterus is scraped away.

A dilatation and curettage of the uterus lets your health care provider:

- find the cause of unusual bleeding (such as during menopause, after sexual intercourse or abnormal menstrual bleeding)
- look for growths
- end an incomplete miscarriage.

A hysteroscopy is a procedure that allows your doctor to see inside your uterus and make a diagnosis.

An endometrial ablation is a procedure to remove the lining of the uterus to reduce bleeding.

## After the Surgery

- Rest or do quiet activities for the rest of the day.
- You may take a bath or shower the next day.
- For a D&C, you may have some light vaginal bleeding for several days.
- For an endometrial ablation, you can expect light/tan colored vaginal discharge for several weeks after the procedure.

### Your Health Care Provider

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

\_\_\_\_\_

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

## Discomfort/Medicines

- You may have some cramping for 2 to 3 days after surgery. This is normal.
- If your health care provider has ordered pain medicine, take as prescribed.

## Activity

- You may return to your normal activities the day after the procedure if you are feeling well.
- You should not put anything into your vagina (tampons or douches) or have sexual intercourse for:
  - 3 to 7 days after a D&C or hysteroscopy
  - 7 to 10 days after an endometrial ablation.

Your health care provider may tell you to wait longer.

- You may drive 24 hours after the procedure if you are not taking prescription (narcotic) pain medicine.

*(over)*

## **When To Call Your Health Care Provider**

Call your health care provider right away if you have any of the following:

- a temperature of 101 F or higher
- heavy bleeding (saturates one pad an hour)
- severe cramping
- have pain or a burning feeling when you urinate that last for 1 to 2 days.