

Care After an Amniocentesis

Your Procedure

During an amniocentesis, your health care provider removes a small amount of the amniotic fluid that surrounds your baby.

The amniotic fluid may be used:

- to determine if your baby has a specific genetic problem. The concern may be related to your age, family history, screening results or other factors.
- for non-genetic tests
- to see if your baby's lungs are mature enough for early delivery (done in the third trimester).

What to Expect After an Amniocentesis

Some women have mild menstrual-type cramping. This is normal.

There might also be minor bleeding or leaking of amniotic fluid. If this happens, please refer to the "When To Call Your Health Care Provider" section.

If your blood type is Rh negative you will receive a RhoGAM® shot after the procedure. This is a medicine to prevent your blood from reacting against your baby's blood.

Pain Relief

To help relieve any cramping, you should lie down and rest.

You can also take acetaminophen (Tylenol®). You can take 650 to 1,000 mg every 4 hours as needed. Do not take more than 4,000 mg in 24 hours. If you don't have relief in 24 hours, call your clinic.

Activity

For 24 hours after the procedure:

- avoid strenuous activity such as heavy lifting, jogging and aerobics
- do not have sexual intercourse.

When To Call Your Health Care Provider

Call your health care provider if you have:

- a slow leak, steady trickle or sudden gush of clear fluid. If this happens, lie down and rest until you speak with your health care provider.
- vaginal bleeding, similar to a menstrual period
- severe abdominal (stomach) pain
- "flu-like" symptoms such as fever, chills and muscle aches within the first 2 weeks after the procedure.



(over)

Results

- **For a genetic amniocentesis:**
You will receive a call from the Minnesota Perinatal Physicians office in about 10 to 14 days with the final test results.
- **For a lung maturity amniocentesis:**
You will get the test results 4 to 5 hours after the procedure. You will receive a call from the Minnesota Perinatal Physicians office or your primary care provider.

For More Information

If you have any questions or concerns, please call Minnesota Perinatal Physicians at:

- 612-863-4502
(Abbott Northwestern Hospital)
- 612-241-6270 (United Hospital).