

Post D&C/hysteroscopy instruction sheet

- You may experience mild to moderate cramping that should be relieved with ibuprofen or Aleve.
- If your cramping is severe, please call your provider.
- Your bleeding should not be heavier than your typical period, call your provider if you are bleeding heavier than 2 pads/2 hours.
- Call if you have a fever >100.4
- Call if you have a foul odor to your discharge
- Call if you experience severe abdominal pain, intractable nausea or vomiting
- Avoid tub baths, swimming or hot tubs
- Avoid using tampons, sexual activity or douching for two weeks

Make a follow up appointment in two weeks