



WOMEN'S HEALTH PROGRAM

What to Expect after Your Dilatation & Curettage (D & C)

After the procedure

Bleeding

You may have some vaginal bleeding. This bleeding could last from five days to three weeks.

Your menstrual cycle

Your cycle may resume as normal or you may experience a disruption for up to two months after the D & C.

Pain

You may have abdominal cramping. You can take Tylenol® plain, Advil® or Ibuprofen.

Do not use Aspirin — it can cause bleeding.

If you experience any of the following:

- Severe abdominal pain
- Heavy bleeding (passing clots larger than a quarter or soaking a pad in one hour or less)
- Fever — temperature greater than 38 degrees Celsius

Call your doctor or go to the nearest Emergency Department

For the first 24 hours after your D & C:

- DO NOT drive a car or operate heavy machinery
- DO NOT drink any alcohol
- DO NOT sign any legal documents
- DO have someone to take you home and stay with you

For two weeks after your D & C we suggest that you:

- DO NOT use tampons — DO use sanitary pads
- DO NOT use douches
- DO NOT take tub baths — DO take showers
- DO NOT have sexual intercourse
- **DO book an appointment with your doctor or clinic for a check up two weeks after your D & C**