

GENESIS OB/GYN, INC.

POST OP INSTRUCTIONS
FOR D&C

1. Call the doctor's office for an appointment to see the doctor in 1-2 weeks.
2. Some bloody or watery vaginal discharge is normal following this procedure. The vaginal discharge should not be heavier than a period. If the vaginal bleeding appears excessive, please call our office or the exchange as soon as possible and we may be able to give you some medication to stop this. If you have been given Methergine by your physician, then please take as directed until gone. You may use Motrin for pain.
3. Do not use tampons for the first week after the D&C. After that you may use tampons.
4. Refrain from sexual relations for one week or until bleeding stops.
5. Stay on a liquid diet this afternoon and eat a light dinner. Resume regular diet tomorrow.
6. Some abdominal cramping can be expected. Take medications as directed.
7. Call your doctor if you have any questions or if a problem should arise.