



9195 Grant Street, Suite 410
Thornton, CO 80229
Phone: 303-280-2229(BABY)
Fax: 303-280-0765

300 Exempla Circle, Suite 470
Lafayette, CO 80026
303-665-6016
303-665-0121

6363 West 120th Avenue, Suite 202
Broomfield, CO 80020
303-460-7116
303-460-8204

www.whg-pc.com

INSTRUCTIONS FOR D & C (Dilation and Curettage)

PREPARING FOR YOUR D&C

In order for your procedure to be done as safe and comfortable as possible, there are several instructions you should follow closely on the day of the procedure:

1. At the morning visit, a medicine called Cytotec will be placed into your vagina in order to soften your cervix so that the D&C done in the afternoon will be easier to perform. You may have a light breakfast after the placement of the cytotec into your vagina. You may have clear liquids until three hours prior to the afternoon portion of the procedure. If you take medication on a regular basis, please ask your doctor for specific instructions.
2. You will be given a prescription of Doxycycline at your morning visit. Please start taking this antibiotic at noon the day of the procedure. This antibiotic is to prevent infection. Continue to take the Doxycycline twice daily for three days.
3. Take the Ativan at _____. This is a mild sedative which will help you relax during the procedure.
4. Arrive at the office at _____ to get an injection of Toradol. This non-narcotic pain medication takes about 30 minutes to work and it's effect will last several hours.
5. During the procedure, a local anesthetic will be used to decrease your pain. Your cervix will then be dilated and a suction tube will be inserted to remove the uterine contents. Curettage (scraping) will then be used to ensure all the tissue has been removed. You will be monitored for 20-30 minutes after the procedure to ensure your bleeding is minimal.
6. A prescription, methergine, may be prescribed if the doctor feels your bleeding is heavy. Please take as directed.
7. Remember to make arrangements to have someone bring you to the office in the afternoon and pick you up after the procedure. It is not safe to operate a vehicle after taking Ativan or having a D&C.

AFTER THE PROCEDURE

Activity: Minimal for 2-3 days, then gradually resume activity as tolerated.

No intercourse or douches for 4 weeks or as directed by physician.

Tub bathing is OK, if desired.

Pain: Mild cramps may continue for 2-3 days.
Take pain medication as prescribed. Plain Tylenol (or generic acetaminophen) is excellent for mild discomfort. .

Dressing: Use only sanitary napkins - **NO TAMPONS** for one week
Expect small to moderate amount of bloody vaginal discharge for 7-10 days.

Menstruation: Your normal menstrual cycle should return within 6 weeks.

Symptoms to Report to the Doctor:

1. Excessive bleeding, heavier than a period or if saturating more than one sanitary napkin every 1-2 hours.
2. Chills and/or temperature above 101 degrees.
3. Foul smelling vaginal discharge.
4. Severe abdominal pain or cramping that does not respond to prescribed pain medication.

Follow-up

If no appointment has been made, make a follow-up visit 2-4 weeks from the time of the procedure.