

POST-OPERATIVE INSTRUCTIONS

D & C FOR MISCARRIAGE

1. It is normal to have mild to moderate bleeding for several weeks after a D & C. Call if your bleeding is excessive or persistent beyond three weeks. You should not drive for 24 hours because of the anesthetic. Otherwise, there are no restrictions on your activity. If you work outside the home, you may resume work whenever you feel ready.
2. You may resume exercise and intercourse whenever you feel ready.
3. You may shower or bathe at any point after surgery.
4. Call if you have a fever greater than 101 degrees.
5. Take Tylenol (acetaminophen) or Advil (ibuprofen) as needed for pain. Call if you are having severe cramps requiring a stronger pain medication.
6. Unless specific arrangements have been made, we do not do analysis on the pregnancy tissue after a miscarriage. As miscarriages are quite common, there is no reason for any further evaluation. Usually a miscarriage is caused by something intrinsic to the pregnancy itself. It certainly is not related to anything you did or did not do. If a patient has two miscarriages in a row or three miscarriages in any order, it may be appropriate to consider further testing to test for health factors leading to miscarriage.
7. You may start ovulating again anywhere between two and six weeks after a miscarriage. Therefore, if you are interested in contraception, you should plan accordingly. You may start birth control pills the Sunday following your D & C.
8. Please schedule a post-operative appointment in our office about two weeks after your D & C.

**UTAH VALLEY WOMEN'S CENTER
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