

# How to care for yourself after a Cervical Cerclage

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**Cervical Cerclage-** A cerclage is a stitch used to close the cervix during pregnancy to help prevent pregnancy loss or premature birth. The cervix is the lower part of the uterus that opens into the vagina.

## **What are my instructions?**

The following information and instructions are for your continued care after discharge from the hospital. Please read the information, including the After Visit Summary provided to you at the time of discharge, carefully. If you have any questions or concerns call your health care provider or OB Triage at 734-764-8134.

## **What symptoms can I expect after a cerclage?**

After your cerclage, you may experience any of the following:

- You may have an increase in clear vaginal discharge.
- Light spotting or a small amount of bleeding is normal up to 3 days after your cerclage placement. You may notice this while wiping with tissue.
- Mild cramping is normal and should go away within 3 days after your cerclage placement. Taking a warm shower or putting a heating pad on your abdomen may bring relief.

### **What should I know about taking care of myself at home?**

- Hygiene - You should wear a sanitary pad if necessary, changing it as often as necessary to stay clean and dry. Do not insert anything into the vaginal, such as tampons or douches. You may take a shower or tub bath.
- Get more rest while lying on your left side for the next few days.
- Drink plenty of fluids and be sure to keep your bladder empty.

### **What activity restrictions will I have?**

- Avoid strenuous activities. When you do restart your normal activities, do so gradually.
- Before you begin sexual activity again, talk to your health care provider and follow his or her instructions.

### **Should I continue taking my prescribed medications?**

- Take medications as prescribed. Please review the After Visit Summary provided to you at the time of discharge for details.

### **When will I receive follow-up care?**

- You will be scheduled to return to see your health care provider typically in 1-2 weeks. The appointment will be printed on your After Visit Summary.
- If you do not receive a scheduled appointment at the time of discharge from the hospital, please call your health care provider's office to make an appointment.

### **When can I return to work?**

- Your health care provider will tell you when you can return to work.

## When should I call my health care provider?

Call your health care provider or OB Triage (734-764-8134) for any of the following signs and symptoms:

- If you saturate one sanitary pad in less than 3-4 hours
- If the cramping worsens or continues
- Fever of greater than 100.5°F
- General body aches or chills
- Foul smelling or thick yellow vaginal discharge

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