

# How to care for yourself after Dilation and Curettage (D&C)

---

## **Dilation and Curettage (D&C)**

Dilation and curettage (D&C) is a procedure to remove tissue from the inside of the uterus. It is often used to treat an incomplete miscarriage. The doctor used a curved tool, called a curette, to gently scrape tissue from your uterus.

## **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 D&C?**

You are likely to have a backache, or cramps similar to menstrual cramps, and pass small clots of blood from your vagina for the first few days. You may continue to have light vaginal bleeding for several weeks after the procedure. You will probably be able to go back to most of your normal activities in 2 to 4 days, but each person recovers at a different pace.

It is normal to have painful feelings of loss and grief after a miscarriage. You may cry or feel very sad. Talking with friends, family, or a counselor about your feelings is often helpful. If you are having trouble getting out of bed, taking care of yourself, or resuming your daily routine, call your doctor or midwife.

### **What should I know about my keeping myself clean?**

- You should wear a sanitary pad if necessary, changing it as often as necessary to stay clean and dry. Do not use tampons or douches for 2 weeks or until your doctor or midwife says it is okay.
- Use a peri-bottle to cleanse after using the restroom.

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

- Before you begin sexual activity again, talk to your doctor or midwife and follow his or her instructions.
- Rest when you feel tired. When you do restart your normal activities, do so gradually.
- Your doctor or midwife will tell you when you can return to work.

### **When and what can I eat and drink?**

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast and yogurt.
- Drink plenty of fluids and be sure to keep your bladder empty.

### **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?**

- If you do not receive a scheduled appointment at the time of discharge from the hospital, please call your doctor or midwife's office to make an appointment.

## When should I call my doctor or midwife?

Call your doctor, midwife, or OB Triage (734-764-8134) for any of the following signs and symptoms:

- Severe pain that does not get better with medication.
- Fever of greater than 100.5 F
- General body aches or chills
- Foul smelling vaginal discharge
- Heavy vaginal bleeding (saturating 1 maxi pad in 1 hour)
- Blood clots larger than a golf ball
- Dizziness or general ill feeling
- Vomiting
- Feeling “down” or having the “blues” that keeps you from taking care of yourself

Call 911 anytime you think you may need emergency care. For example, call if:

- You passed out
- You have severe trouble breathing
- You have chest pain and shortness of breath, or you cough up blood

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Melissa Cantrell, BSN, RN  
Reviewers: Perinatal Joint Practice Committee

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-Noncommercial-ShareAlike 3.0 Unported License](#). Last Revised 04/2016