



D&C after Miscarriage Discharge Instructions

A D&C (dilatation and curettage) is a procedure that involves suctioning the uterine cavity to remove tissue. It is often done to treat an incomplete miscarriage. Following a D&C you may have bleeding from the uterus for a few days, cramping, and some back or pelvic pain. This is considered normal after a D&C.

Instructions

1. Do not douche, use tampons, or have sexual intercourse for 2 weeks or until your caregiver tells you that it is okay.
2. You may go back to work or resume normal activities in 2 to 4 days.
3. You may begin eating or drinking as soon as you feel up to it.
4. 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. Don't blame yourself for the miscarriage.

Please call your doctor or midwife at (734) _____ or Triage at (734) 764-8134 if you notice any of the following:

- Severe pain that is unrelieved by medication.
- A temperature greater than 100.4 °F (38°C).
- Heavy vaginal bleeding (saturating 1 or 2 maxipads in 1 hour) that gets worse instead of better.
- A vaginal discharge that smells unpleasant.
- Signs of infection such as headache, muscle aches, dizziness, or general ill feeling.

Your caregiver may prescribe medications to help with discomforts, cramping or bleeding and prevention of infection.

Medications you should take:

Keep or schedule appointment with your care provider on: _____ (date)