

## **Diagnostic Hysteroscopy Discharge Instructions**

### **Care of the Surgical Site:**

- There are no incisions/cuts made for this procedure, but the surgeon does pass the scope through the vagina, gently dilates the cervix and then advances the scope into the uterus.
- You can expect to have some spotty vaginal bleeding for up to 2 weeks. Use sanitary pads only. No tampons, douching, intercourse or swimming until the bleeding stops.
- You can expect to have some abdominal cramps. Your surgeon may prescribe pain medication for this, but Tylenol or Ibuprofen should be enough to keep you comfortable.

### **Diet:**

- No change in diet is required.

### **Activity:**

- No driving for 24 hours after surgery. If your pain medication makes you drowsy, do not drive.
- The day of your surgery you will go home and rest. The normal activity of walking around in your home will be enough for the first day. When you are lying or sitting down, do leg and breathing exercises at least every hour while awake.
- You can resume normal activity as you can tolerate the day after surgery. You may shower/bathe, do light housework and resume intercourse when the bleeding has stopped.

### **Follow-Up:**

- You will have to arrange your own first follow-up appointment. The contact information will be given to you before you go home.

### **CALL YOUR SURGEON OR GO TO THE NEAREST EMERGENCY DEPARTMENT IF YOU HAVE:**

- Fever or chills (temperature of 38.5 C/101 F or higher).

- Persistent nausea or vomiting unrelieved by anti-nausea medication (Gravol).
- Persistent abdominal pain that is not relieved by pain medication taken as directed.
- Bright red vaginal bleeding and clots or foul smelling vaginal discharge.

**IF YOU ARE UNABLE TO REACH YOUR SURGEON, go directly to the Emergency Department for medical attention.**