



Quinte Health

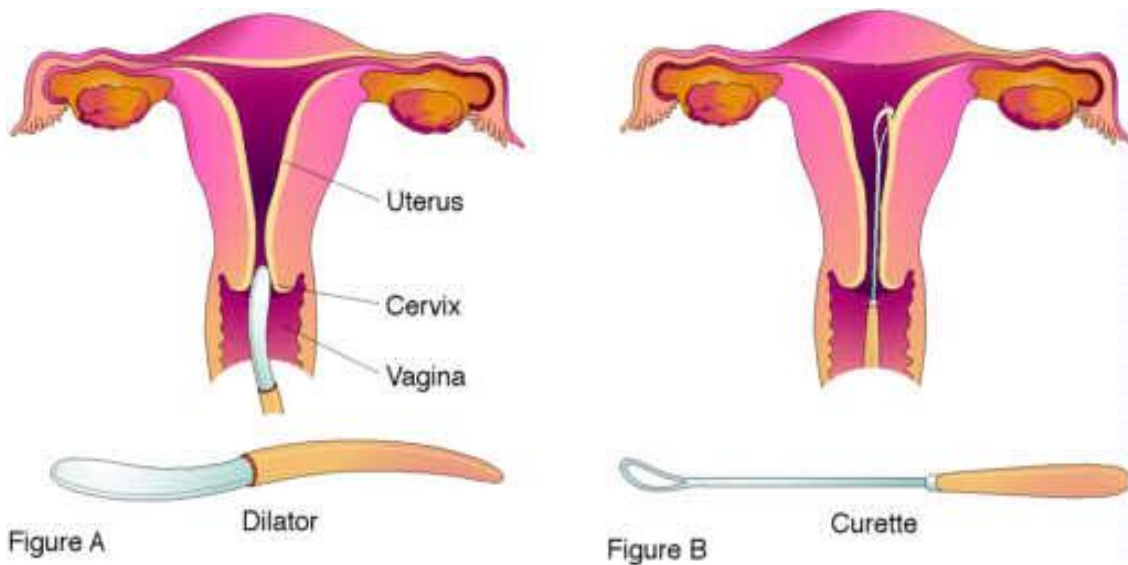
DILATATION AND CURETTAGE (D & C)

Date of Surgery _____

Please bring this booklet with you the day of surgery.

Quinte Health Form #146

Dilatation and Curettage (D&C) is a surgical procedure used to diagnose and treat abnormal uterine bleeding. During the procedure, the cervix is held in place with an instrument similar to a clamp. Special instruments, called dilators are used to widen the cervix. Once the cervix is dilated, an instrument called a curette is used to scrape the walls of the uterus.



You will be given a general anaesthetic (which puts you to sleep) or a local anaesthetic (which freezes the area). The procedure takes about 10-15 minutes.

Guidelines at Home

Take it easy at home for 1-2 days, then resume normal activities as tolerated.

You may experience mild discomfort (similar to a period). This can be managed by over-the-counter medication, such as Tylenol or Advil (if not allergic) or by prescribed medication from your Surgeon.

Nausea, vomiting and dizziness may be experienced for 24 hours. You may obtain anti-nausea medication without a prescription, i.e. Gravol (suppository or pill) or Bonamine (chewable) to relieve these symptoms.

You may have vaginal discharge for 1-3 weeks. This should not be more than a normal period.

Use sanitary pads, not tampons, as directed by your Doctor.

You may shower anytime.

Resume sexual intercourse as directed by your Surgeon.



Call your Surgeon or Come to the Nearest Emergency Department if you experience:

- Increased pain not relieved by pain medication
- Increased bright red bleeding which cannot be attributed to a normal period and/or the presence of blood clots
- Foul-smelling vaginal discharge
- Cloudy or foul-smelling urine
- Unable to pass urine or a feeling of fullness in the bladder

Appointment

Call your Surgeon's office to arrange a follow-up appointment.

Special Instructions

Questions?

Developed by: Surgical Services, 2003

Approved By: Department of Gynecology, Quinte Health

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