

Patient information

Hysteroscopy

Discharge information for patients having had a dilatation and curettage

The following advice gives guidance only. Recovery can vary according to your age, health and reason for surgery. Remember we are all individuals.

After your operation, until your next period, you should use sanitary towels changed regularly. It would be advisable to avoid having intercourse or use tampons for about two weeks, to avoid the risk of infection.

It is normal to bleed after this operation. The bleeding should be red at first becoming a brown stain. The bleeding may last from 7 to 10 days.

Your next period may be in 4-6 weeks' time.

Your next and second period may be a little heavier.

This operation is not usually painful; it may feel like a period pain. Paracetamol should be an adequate pain killer.

For two weeks avoid using very scented soaps on the genital area as these can be an irritant. Do not use a douche or any internal vaginal products.

Have a bath or shower every day. There is no need to add salt or disinfection to the water.

Return to work when you feel ready.

Prior to being discharged home you will have to have eaten, drank and passed urine.

You have had a general anaesthetic, and this may impair your concentration for 24 hours, therefore you should:

- Not drive
- Not be left alone
- Not operate machinery
- Not lift/carry babies or toddlers.

Please contact your GP if any of the following occur:

- If vaginal bleeding is heavier than the usual period
- Vaginal bleeding is prolonged
- Severe abdominal pain
- A raised temperature
- Offensive smelling vaginal discharge.

If you would like advice please contact the ward on:

(01284) 713235 or (01284) 713236

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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