

Operation performed

Disclaimer: The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.

Follow up appointment

Compiled by: Obstetrics & Gynaecology Clinical Care Unit
Email: ogccu@health.wa.gov.au
Web site: <http://wchs.health.wa.gov.au>

Produced by the Women's and Children's Health Service
© March 2006
WCHS 0325

King Edward Memorial Hospital for Women
374 Bagot Road
Subiaco WA 6008
Tel: (08) 9340 2222
Fax: (08) 9388 1780

Princess Margaret Hospital for Children
Roberts Road
Subiaco WA 6008
Tel: (08) 9340 8222
Fax: (08) 9340 8111

Dilatation and Curette (D&C)



Special Instructions



Dilatation and Curette (D&C)

A D&C is an operation performed on women to scrape the inside of the uterus (womb).

The cervix (neck of the uterus) is dilated using an instrument called a dilator. With some women medication (misoprostol tablet) is inserted into the vagina to soften the cervix.

The endometrium (lining of the uterus) is then lightly scraped off using a curette.

Following the operation

Rest when you get home. Normal activities can usually be resumed after a day or two although the effects of an anaesthetic may make you feel tired.

Some cramping or mild abdominal discomfort is considered usual after a D&C.

- You may take paracetamol, paracetamol / codeine or other medication as ordered by your doctor.
- Use of a hot pack may ease the discomfort.

A small amount of bleeding (like a light period) may last for 10 to 14 days. It may become heavier with increased activity eg. lifting.

You may:

- use pads
- shower as usual.

For one week you should **not**:

- douche
- have sexual intercourse
- use tampons.

Your next period will usually begin three to six weeks after the operation. This period may be heavier than usual.

However, if you were using the oral contraceptive pill before the operation, continue using this as usual when you go home. Your next period will begin when you finish the packet.

Discuss contraception options with your GP.

Following a general anaesthetic

It is essential that someone stay with you from time of discharge including overnight.

For at least **12 hours** post general anaesthetic avoid:

- Any activity that requires the use of skill or judgement eg. cooking, making hot drinks, etc.
- Going out socially.

For at least **24 hours** after a general anaesthetic it is recommended you avoid:

- driving a car or operating machinery
- drinking alcohol
- making important decisions or signing important papers.

Follow up

It is important to visit your GP or the hospital clinic for a check up two weeks after your operation.

When to seek advice

Contact your GP or the Emergency Centre at KEMH on (08) 9340 1433 if you experience any of the following:

- Heavy bleeding that requires changing of your pad every 10 to 20 minutes.
- Passing large clots (larger than a 50 cent piece) or tissue.
- A fever – high temperature or chills.
- Pain in the lower part of your abdomen (tummy) that does not go away after taking pain relieving tablets mentioned earlier.
- An offensive (smelly) discharge from your vagina.