# HYSTEROSCOPY WITH D&C POST-OP INSTRUCTIONS

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1) DISCHARGE MEDICATIONS: _____

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2) ACTIVITY INSTRUCTIONS:
   a) NO HEAVY LIFTING FOR 48 HOURS
   b) NO PUSHING, PULLING, OR TUGGING FOR 2 DAYS
   c) PELVIC REST (NO SEX, TAMPONS OR DOUCHING) FOR 2 WEEKS
   d) SWIMMING AND BATHING IS OKAY

3) WARNING SIGNS:
   a) BLEEDING LIKE A PERIOD OR HEAVIER
   b) FEVER GREATER THAN 100.4 DEGREES
   c) GREEN OR YELLOW VAGINAL DISCHARGE
   d) VAGINAL DISCHARGE WITH FOUL ODOR
   e) VAGINAL ITCHING, BURNING OR IRRITATION
   f) NAUSEA AND VOMITING OR INCREASED ABDOMINAL PAIN

IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME

4) EXPECTATIONS:
   a) MAY PASS SUTURE THROUGH VAGINA 1-2 WEEKS POST-OP
   b) SPOTTING FOR 1$^{ST}$ 7-10 DAYS
   c) CLEAR TO WHITE DISCHARGE FOR 2-3 WEEKS AFTER SPOTTING
   d) CONSTIPATION OR CHANGE IN BOWEL HABITS
   e) MAY USE STOOL SOFTENER (COLACE 100 MG) TWICE A DAY
   f) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION

5) FOLLOW UP VISIT:
   a) POST-OP VISIT APPOINTMENT: _____

6) DIRECT ANY ROUTINE QUESTIONS TO OUR OFFICE
MONDAY THRU FRIDAY 8 A.M. TO 5 P.M.
(318) 212-7840

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