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HYSTEROSCOPY DISCHARGE INSTRUCTIONS

(including polypectomy and myomectomy)

Diet

As soon as you feel like it, you may eat and drink as usual.

Activity

- You may resume activity as tolerated.
- Avoid intercourse, tampons and douches until your bleeding and discharge from surgery resolves.
- You may return to work and exercise within 24-48 hours.
- You may shower or take a bath.
- You may drive as long as you are not experiencing significant pain.

Pain

If you are experiencing pain, you can take Ibuprofen (Advil/Motrin) 600mg every 6 hours and Tylenol 650mg every 6 hours. Alternating these medications should control any pain you may experience after surgery.

Bleeding

Depending on your procedure, you may have watery vaginal bleeding for up to a week after your surgery. Continue to use a pad at home and call if there is excessive bleeding. If you are not menopausal, your menstrual cycle should return to normal, your period may initially be lighter after a D&C.

Warning signs

Please call our office if you experience any of the following: uncontrolled pain, fever > 100.4, heavy vaginal bleeding, nausea or vomiting. Bleeding is too heavy if it saturates through a maxi pad in 1 hour for 2 hours in a row.

Return Appointment

You should have a follow up appointment scheduled within 2-4 weeks. If not, please call our office to schedule.

Pathology

If you have pathology, we generally receive it back within a week. Your doctor will either contact you with the results or go over them with you at your post op visit.

NOTE: If these instructions differ from what you were told, please follow your physician's instructions.