



In-Office Procedure - After Care Instructions

What can I expect following the procedure?

After your in-office procedure, you may experience some fluid coming from the vagina. This fluid may be bloody or brownish in color. This drainage/discharge may continue for up to a week. You can use a pad, but you should not use tampons on the day of the procedure. You should not put anything in the vagina and abstain from sexual intercourse for 24 hours unless you are instructed to wait longer.

What can I take for cramping?

Some patients may experience mild cramping (similar to a period) and even spotting after the procedure. This is normal and common. You should be fine to drive after the procedure and return to normal daily activities. You can take over the counter Ibuprofen or Acetaminophen as instructed on the bottle for discomfort.

What are warning signs to watch for?

Symptoms to watch for include fever of 100.4 F, severe abdominal pain or cramping, heavy vaginal bleeding which requires the need to change 1 to 2 saturated maxi pads per hour. If you should experience any of these symptoms, please contact the office at 517-484-3000 or go to Sparrow Hospital Emergency Room. Otherwise, follow up in the office as instructed.

When can I get back to my normal activity?

You can resume all normal activity when your cramping and bleeding has resolved, and you feel comfortable. This includes exercise, swimming, baths, and sex. If you had a hormonal IUD placed (Mirena or Kyleena), it will take 1 week to become effective at protecting against pregnancy and plan on using a backup method (condoms) until IUD is effective.