

After a First Trimester Surgical D&C or MUA

What to expect and self-care



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This handout explains what to expect after having a surgical D&C (dilation and curettage procedure) or MUA (manual uterine aspiration) in the first trimester of pregnancy. It includes self-care, activity restrictions, and when to call the clinic.

Cramping

You will likely have cramping right after your procedure. Cramping may last for a few days. To help yourself feel better:

- Put a hot water bottle or heating pad on your belly
- Stand in a warm shower

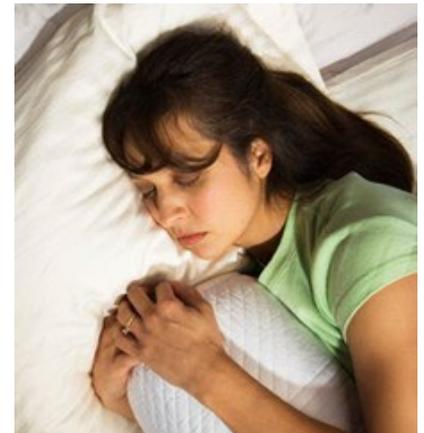
If your cramps are so strong that you need pain medicine, you may take:

- Up to 1,000 mg of acetaminophen (Tylenol) every 6 hours
- Up to 800 mg of ibuprofen (Advil, Motrin) every 8 hours

You may also take both acetaminophen and ibuprofen, if needed.

Bleeding

- Most patients bleed for 1 to 2 weeks after the procedure. But it is normal to have some vaginal bleeding for up to 4 weeks.
- You may have spotting or a moderate flow. Or you may not bleed at all.
- Expect your next menstrual period to start 4 to 8 weeks after your procedure.



Rest and take good care of yourself after your procedure.

Activities

- **For 1 week** after your procedure:
 - Do **not** have sex or put anything in your vagina. Do **not** use tampons or douche.
 - Avoid heavy activities for 1 week. If any activity causes more cramping and bleeding, stop doing that activity for a few days.
- You may do your usual light activities the day after your procedure, if you feel ready.

Self-Care

Taking Care of Your Body

- Rest when you are tired.
- Eat healthy foods.
- Drink plenty of fluids.
- If your provider prescribed antibiotics, be sure to take them exactly as prescribed until all the pills are gone.

Caring For Your Emotions

- You may feel many emotions after your procedure. These might include sadness, depression, or guilt. These feelings are normal.
- Difficult feelings usually get better with time, but they can also come in waves. One minute you may be feeling OK, and the next minute you may feel very emotional.
- If you keep feeling this way, or if your feelings are very strong, call the clinic to talk about finding support for yourself. We are here to help you.

When to Call the Clinic

Ongoing light bleeding or spotting is OK. But call the clinic if you have:

- Heavy vaginal bleeding that soaks through more than 2 pads an hour, for 2 or more hours in a row
- Vaginal bleeding that is still heavy 10 days after your procedure
- Ongoing *clots* (clumps of blood) that are larger than a lemon
- A fever of 100.4°F (38°C) or higher
- Painful cramps not helped by acetaminophen or ibuprofen
- Vaginal discharge that smells bad or causes pain or itching
- Shaking with chills
- Deep feelings of sadness or depression
- Any questions or concerns that cannot wait until your follow-up visit

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Center for Reproductive Health and Fertility:

Weekdays between 8 am – 5 pm:
Call 206.598.4225

After hours, weekends, and holidays:
Call 206.598.6190 and ask to page the CRHF provider on call.

Website:

uwmedicine.org/specialties/obstetrics-gynecology/fertility-care