

After a First Trimester Surgical D&C or MUA

What to expect and self-care

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. A D&C is done in an operating room, but an MUA is done in the clinic.

Cramping

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

- Get back rubs from your support person
- 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.

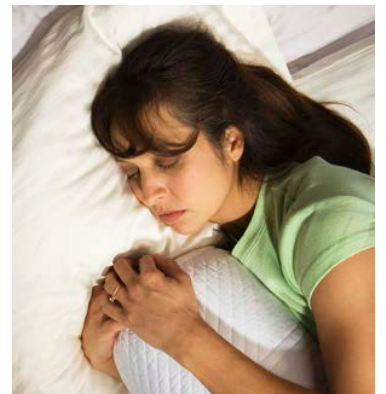
Bleeding

- Most women 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.

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 maxi-pads an hour, for 2 hours or more in a row



Rest and take good care of yourself after your procedure.

- 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 eased 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

Self-care

- Take good care of yourself. Rest when you are tired, eat healthy foods, and drink plenty of fluids.
- You may feel many emotions after your procedure. These might include sadness, depression, or guilt. These are normal. They usually ease 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 you.
- If your provider prescribed antibiotics, be sure to take them exactly as prescribed until all of the pills are gone.

Questions?

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

University Reproductive Care:
206.598.4225 weekdays
between 8 a.m. and 5 p.m.

After hours and on weekends or holidays, call 206.598.6190 and ask for the URC provider on call to be paged.

Website:

<http://depts.washington.edu/obgyn/URC>

Activities

- **For 1 week** after your procedure:
 - Do not have sex or put anything in your vagina. This includes tampons and 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 resume your usual light activities the day after your procedure, as you feel ready.

Follow-up Visit

Make an appointment for a clinic visit for 2 weeks after your procedure. At this visit, your provider will make sure you are healing normally and will answer any questions you may have.