

After a First Trimester Uterine Aspiration

What to expect and how to take care of yourself

This handout explains what to expect and how to take care of yourself after having a uterine aspiration, which is sometimes called a D & C.

What to Expect

It is normal to have some vaginal bleeding for up to 4 weeks after your aspiration. You may have spotting or a moderate flow, or you may not bleed at all.

Follow-up Care

- You may schedule a follow-up visit in 1 to 2 weeks, or take a home pregnancy test in 4 weeks. You may also call your clinic any time if you have questions or need to be seen sooner.
- Expect your next menstrual period to start 4 to 8 weeks after your procedure. This may vary if you are using certain types of birth control.
- You may resume normal activities when you feel ready. If any activity causes more cramping and bleeding, decrease that activity for a few days.
- You may resume sexual activity when you are ready.
- **Call the clinic if you are having a difficult time emotionally.**

When to Call the Clinic

Call the clinic if you have:

- Heavy vaginal bleeding that is soaking through more than 2 maxi-pads an hour for 2 hours or more in a row.
- Heavy vaginal bleeding that continues 10 days after your procedure (light bleeding or spotting is OK).
- Clots (clumps of blood) that are consistently larger than a lemon.
- A fever higher than 100.4°F (38°C).
- Painful cramps not relieved by ibuprofen (Advil, Motrin) or acetaminophen (Tylenol).
- Vaginal discharge that smells bad or causes pain or itching.
- Shaking with chills.

Questions?

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

- UWMC Maternal and Infant Care Clinic:** 206.598.4070
1959 N.E. Pacific St.
Seattle, WA 98195
- UWMC Women's Health Care Center:** 206.598.5500
4245 Roosevelt Way N.E.
Seattle, WA 98195
- UWPC Northgate Family Medicine:** 206.528.8000
314 NE Thornton Pl
Seattle, WA 98125
- Harborview Family Medicine Clinic at the Pat Steele Building:** 206.744.8274, option 2
401 Broadway, Suite 2018
Seattle, WA 98104
- Women's Clinic at Harborview:** 206.744.3367
325 Ninth Ave., Ground Floor,
West Clinic, Seattle, WA 98104