

D&C: Before Your Procedure

What is a D&C?

A D&C removes the contents of your pregnancy. The kind of procedure you have may depend on how long you have been pregnant. Your doctor will talk with you about which options are best for you.

The doctor will place a tube in your uterus. The tube uses suction to empty the uterus.

Afterward, you may have cramps and light bleeding for up to 2 weeks.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How do you prepare for the procedure?

Procedures can be stressful. This information will help you understand what you can expect. And it will help you safely prepare for your procedure.



Preparing for the procedure

- **Be sure you have someone to take you home and stay with you for 24hrs.** Anesthesia and pain medicine will make it unsafe for you to drive or get home on your own.
- Understand exactly what procedure is planned, along with the risks, benefits, and other options.
- If you take aspirin or some other blood thinner, ask your doctor if you should stop taking it before your procedure. Make sure that you understand exactly what your doctor wants you to do. These medicines increase the risk of bleeding.
- Tell your doctor ALL the medicines and natural health products you take. Some may increase the risk of problems during your procedure. Your doctor will tell you if you should stop taking any of them before the procedure and how soon to do it.

Plan Ahead

- **Plan a ride home.** Ask a family member or friend to bring you home after your hospital stay and stay with you for 24hrs.

The day before surgery

- Know the time of your surgery, when you need to be at the hospital, and where you need to go when you get there.
- Follow any instructions the healthcare team or your surgeon gave you for your medicines (including herbal or complementary medicines).
- Don't drink alcohol 24 hours before your surgery.



Stop eating at midnight. This is very important!

- Stop eating and drinking all non-clear fluids at midnight. This is very important
- You may DRINK CLEAR FLUIDS ONLY up to 3 hours before surgery. This includes BLACK coffee, tea, Gatorade, apple juice and water.

Morning of surgery

Plan to arrive at the hospital on time.

- Follow any instructions provided
- Bring all of the things you packed for your hospital stay **if** you are being admitted.
- Follow **all** other instructions the healthcare team gave you to prepare for surgery.
- Bring your CPAP if you use one



What happens on the day of the procedure?

If your doctor told you to take your medicines on the day of the procedure, take them with only a sip of water.

- Take a bath or shower before you come in for your procedure. Do not apply lotions, perfumes, deodorants, or nail polish.
- You may brush your teeth
- Take off all jewelry and piercings. And take out contact lenses, if you wear them.

At the hospital



Bring a picture ID Health Card

- You may be given medicine for pain.

- You may be given an Rh immune globulin shot if you have Rh-negative blood.

What to Expect at Home

Your Recovery

You may have cramps and light bleeding for up to 2 weeks.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to feel better as quickly as possible.

How can you care for yourself at home?



Activity

- Rest when you feel tired. Getting enough sleep will help you recover.
- Most women can return to normal activities the next day



Diet

- Start off with light food, such SOUP, TOAST AND TEA. Avoid dairy and fatty foods as this can upset your stomach.



Medicines

- Your doctor will tell you if and when you can restart your medicines. You will also get instructions about taking any new medicines.
- If you take aspirin or some other blood thinner, ask your doctor if and when to start taking it again. Make sure that you understand exactly what your doctor wants you to do.
- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- Be safe with medicines. Take pain medicines exactly as directed.
 - If the doctor gave you a prescription medicine for pain, take it as prescribed.
 - If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.



Other instructions

- Ask your doctor when it is okay for you to have sex.
- Use sanitary pads until you stop bleeding. Using pads makes it easier to monitor your bleeding.
- Do not rinse inside your vagina with fluid (douche).

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Discharge

How you may feel after your operation

- You may feel nauseated, light headed dizzy or sleepy for up to 24 hours after your surgery
- You may have a slight temperature for 2 days
- You may feel tired for a few days after your surgery

For 24 hours after your surgery do not....

- Drive a vehicle
- Operate heavy equipment
- Drink alcohol or smoke
- Make any important or legal decisions

What is anesthesia?

Anesthesia controls pain. And it keeps all your organs working normally during surgery or another kind of procedure.

Anesthesia can relax you. It can also make you sleepy or forgetful. Or it may make you unconscious. It depends on what kind you get.

For answers to frequently asked questions about your anesthetic, please visit <https://www.cas.ca/en/about-cas/advocacy/anesthesia-faq>

When should you call for help?



your doctor call line now or seek immediate medical care if:

- You have severe vaginal bleeding. You are passing blood clots and soaking through a pad each hour for 2 or more hours.
- Your vaginal bleeding seems to be getting heavier, and you are soaking through a pad an hour, or you pass blood clots larger than the size of a golf ball.
- You have a fever.
- You have signs of infection, such as headache, muscle aches, or dizziness. Even if you don't have a fever, you might still have a severe infection.
- You have vaginal discharge that has increased in amount and smells bad.