

**Hysteroscopy and D&C**

**Discharge Instructions**

* Rest at home today and gradually increase your activity as tolerated. Do not drive a car or sign any legal documents today. Have someone drive you home. You may bathe or shower as desired with plain soap and water.
* You can use a pad or tampons for vaginal bleeding. You may have some light bleeding or spotting for 7-10 days. If vaginal bleeding becomes abnormally heavy (saturating one pad repeatedly every 15 minutes) please contact Dr. Nascimento on pager **07** **56765036**.
* Intercourse should be avoided for 48 hours following your procedure.
* Pain management at home: take Panadol 1g every 6 hours as required.
* Disturbed menstrual pattern is common. If you are taking oral contraceptive pill you should continue to take it as usual.
* Reports from biopsies and final histopathology specimens will be received by Dr. Nascimento within 5 to 7 working days. Dr Nascimento will contact you with the results or discuss them with you on your follow-up visit.

**Contact Dr. Nascimento (Pager 07 56765036) at any time if you experience:**

* Bleeding heavier than a period.
* Severe abdominal or back/flank pain, severe nausea or vomiting, or shaking chills.
* Fever over 38°C.
* Foul-smelling discharge that persists for more than 3 days.



Dr. Marcelo Nascimento