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## MISCARRIAGE POST OP INSTRUCTIONS

You have had a procedure to resolve a miscarriage. The procedure involves gently opening up the cervix and inserting a device that removes the pregnancy tissue from the lining of your uterus.

You will experience some mild to moderating cramping for a few days. You can take Tylenol or over the counter Ibuprofen for the discomfort (unless you have allergies or sensitivities to these medications). In some cases, your physician will give you an additional prescription to help your uterus to contract.

You will have bleeding like a light period for up to 7-10 days. Some women continue to have some spotting up to a month after the procedure. You should not use any tampons during this time. Your first period will be 4-6 weeks from the procedure. If you experience heavy bleeding after the first 48 hours, you should contact the office.

You can resume usual activities when you are able to do so. There are no restrictions for walking, lifting, exercising, or showering. You should refrain from bathing, swimming and intercourse until your bleeding stops. If you are starting the birth control pill, you can begin it the Sunday after your procedure and you should use a backup method of birth control for the first cycle.

You need a postoperative visit in 4-6 weeks after the procedure; you should call the office to schedule that follow up visit.

There are rare postoperative problems after this procedure. If you experience any of the following:

- Fever greater than 100.4 degrees
- Foul smelling discharge
- Heavy bleeding
- Severe cramping that lasts greater than 48 hours

you should contact the office during office hours at 978-927-4800. If you have an urgent problem related to the surgery, and feel that you cannot wait until office hours, please call the above number and ask to speak to the on-call doctor.