

DILATATION AND CURETTE (D&C)

A D&C is an operation to lightly remove the inside lining of the uterus (womb).

The cervix (neck of the uterus) is dilated using an instrument called a dilator.

The endometrium (lining of the uterus) is then gently scraped using an instrument called a 'curette'.

FOLLOWING THE OPERATION

Rest when you get home. Normal activities can usually be resumed after a day or two although the effects of an anaesthetic may make you feel tired.

Some cramping or mild abdominal discomfort is normal after a D&C.

- You may take paracetamol, panadeine or other medication as ordered by your doctor.
- A hot pack may also ease the discomfort.

A small amount of bleeding (like a light period) may last for 10 to 14 days. It may become heavier with increased activity e.g. lifting.

You may:

- Use pads.
- Shower as usual.

For 2 weeks you should NOT:

- Swim, bath or use a spa.
- Have sexual intercourse.
- Use tampons.

Your next period will usually begin three to six weeks after the operation. This period may be heavier than usual.

If you were using the oral contraceptive pill before the operation, continue using this as usual when you get home. Your next period will begin when you finish the packet.

Discuss contraception options with your GP.

RESULTS

The results from the curettings will be sent to us. Results are usually available 10-14 days post-procedure. Our doctor or practice nurse will ring you with the results 10-14 days after your procedure.

FOLLOWING A GENERAL ANAESTHETIC

It is essential that someone stays with you from the time you go home from hospital, including overnight.

For at least 12 hours after the general anaesthetic avoid:

- Any activity that requires the use of skill or judgement e.g. cooking, making hot drinks, looking after young children.
- Going out socially.

For at least 24 hours after a general anaesthetic, it is recommended you avoid:

- Driving a car or operating machinery.
- Drinking alcohol.
- Making important decisions or signing important papers.

FOLLOW-UP

It is important to attend your follow-up appointment with us.

WHEN TO SEEK ADVICE

Contact your GP or the WOMEN Centre if you experience any of the following:

- Heavy bleeding that requires changing of your pad every 10 to 20 minutes.
- Passing large clots (larger than a hen's egg) or tissue.
- A fever – a high temperature of 38°C or more, or chills/uncontrollable shivering.
- Pain in the lower part of your abdomen that does not go away after taking pain relieving medications.
- An offensive smelling discharge from your vagina.



P + 61 8 **9468 5188**
F + 61 8 **9381 2006**

Suite 20, 2 McCourt Street,
West Leederville, WA 6007

admin@womenscentre.com.au

www.womenscentre.com.au

D&C
(Dilatation & Curette)