



GYNECOLOGIC CANCER INSTITUTE
of CHICAGO

DISCHARGE INSTRUCTIONS

Dilation and Curettage (D&C)

ORDERED MEDICATIONS

DRUG	DIRECTIONS
Colace	1 tablet by mouth twice daily as needed for constipation
Tylenol Regular Strength	325mg by mouth every 6 hours as needed for pain
Motrin	600mg by mouth every 6 hours as needed for pain or cramping (take with food)
	Resume all home medications

Please call the office (708-422-3242) within 48 hours of returning home to schedule or confirm a post-operative visit with your physician.

DIET

- No restrictions unless otherwise directed.
- Eat well-balanced meals.
- Drink six 8-oz glasses of fluid per day.
- Eat plenty of fresh fruits and vegetables.
- You may find it easier at first to eat small frequent meals throughout the day, especially if you feel nauseous.

ACTIVITY

- Nothing in the vagina (no douching, tampons or intercourse) for 1-2 weeks.
- You may take a shower or bath.
- No hot tubs or swimming for 2 weeks.
- Return back to normal activity slowly and as tolerated within 1-2 days.

POST D&C CARE

- You will have some bleeding, that may last up to 14 days or longer. Notify the office if you experience bleeding that soaks one pad per hour, or experience an increase in the amount of bleeding after 14 days that is unrelated to your menstrual cycle.
- Change your pad regularly throughout the day, especially if it becomes saturated.

REASONS TO CONTACT YOUR DOCTOR

- Temperature of 101 F (38.3 C) or greater on two occasions that are 4 hours apart.
- Nausea/ vomiting unrelieved by small meals or medications.
- Constipation unrelieved by laxatives (no bowel movement for 24 hours).
- Constipation combined with nausea.
- Pain unrelieved by medication.
- Vaginal bleeding which soak more than 1 pad per hour.
- Passing large clots.
- Foul smelling vaginal discharge.
- Difficulty or burning with urination.
- Pain and/or swelling in one or both legs.
- Difficulties breathing or chest pain, proceed immediately to the nearest Emergency Room.
- Any other concerns.

MEDICATIONS

- Resume all usual medication unless otherwise directed.
- Use a daily stool softener (Colace, Metamucil, Fibercon or Citrucel) for constipation or slowed bowel movements. Stop use when bowel movements return to normal for you.

For problems with significant constipation you can use one of the following:

- Senokot, Milk of Magnesia, Dulcolax tablets, Dulcolax suppository or Magnesium Citrate (10 oz)
- Try only one of the above listed medications at a time. These do not require a prescription.
- You may want to eat a small meal prior to taking your pain medications.
- Do not stop your pain medication abruptly. Decrease the amount taken gradually.

CALLING THE DOCTOR

- **For emergencies call: 911 or go immediately to the nearest Emergency Room.**
- During office hours (M-F; 8am- 4:30pm) call: 708-422-3242 and ask to speak the Nurse or Physician Assistant.
- After office hours: call 708-422-3242 to reach the on-call physician. Please reserve evening and weekend phone calls for urgent matters only.
- If you are receiving home healthcare, call your home healthcare nurse, who will assess your condition and call the doctor if necessary.