

Hysteroscopy or Dilation and Curettage (D&C)

This handout explains what a hysteroscopy and dilation and curettage (D&C) are, what to do before surgery, what to do after your surgery, and when to get help.

What is a hysteroscopy and D&C?

A hysteroscopy is a procedure where your health care provider looks inside your uterus with a thin, lighted tube that is gently inserted through the vagina into your uterus. It is done to diagnose and treat causes of abnormal bleeding.

A D&C is a procedure where your provider dilates (widens) your cervix and uses a small tool called a curette to carefully remove tissue from inside your uterus.

Both procedures are done using general anesthesia, and you will be asleep during the procedure. We expect you to go home the same day.

Before your surgery

Carefully read the "Surgery timeline and overview" and "Preparing for surgery" sections in the **Guide to Your Surgery**. You can find the guide by scanning the QR code or visiting FredHutch.org/guide-to-your-surgery.



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What should I expect after the procedure?

Bleeding

- You may have vaginal bleeding after your procedure. This can range from spotting (light bleeding) to a light flow.

Pain management

- You may have mild cramps in your pelvic or belly area for a few days after surgery. This is common.

Pain management, continued

- Take the pain-relieving medication (acetaminophen) and/or anti-inflammatory medication (such as ibuprofen) as prescribed to ease your pain.
- Pain medication may cause constipation. Make sure to take medication to prevent constipation as directed by your discharge instructions. Please see the Constipation After Surgery section in the “Guide to Your Surgery” manual for more information on how to treat and prevent constipation.

Diet

- You may return to your regular diet after surgery.
- Drink plenty of fluids, such as water, non-caffeinated tea, juice, soup, and smoothies. It is important to stay hydrated after surgery.

Activity and work

- **Do not** put anything into your vagina for 2 weeks after surgery, or as directed by your surgeon. This means you cannot use **tampons, douche, have sexual intercourse, or put medication into your vagina.**
- **Do not** take a bath, soak in a hot tub, or go swimming for 2 weeks.
- You may return to your normal activities when you feel well enough to do so.
- You may need to take time off work to recover. Talk to your team if you are unsure about how much time to take off.

When to get help

Call the clinic if you have:

- Heavy vaginal bleeding (needing to change a pad more than once an hour) or a foul (bad) smell coming from your vagina
- Fever and/or chills
 - **Temperature taken by mouth at or above 100.4°F (38°C)**
 - Temperature taken under the arm at or above 99.5°F (37.5°C)
- Pain that is new or uncontrolled by your pain medications
- Nausea and/or vomiting
- Difficulty passing gas, pooping, or peeing
- Difficulty breathing or shortness of breath
- Concerns that can't wait until your follow-up visit