

## Hysteroscopy: Aftercare Instructions

This brochure will help you know what to expect as you recover from your hysteroscopy. Please be sure you understand these instructions care before you leave the hospital.

### The next 24 hours

You were given sedation medication at the time of your procedure. This medication may affect you for up to 24 hours. A friend or family member at least 18 years of age must accompany you home. For your safety, follow these instructions **for the next 24 hours**:

- Rest today.
- Do not drive or operate machinery.
- Do not make any important decisions.
- Do not drink alcoholic beverages or use marijuana.
- Do not take other muscle relaxants or sedative, hypnotic or mood-altering medicines unless directed by your physician.

### Care at home

Follow these instructions when you are at home:

- Avoid strenuous activity for 24 hours.
- You may have scant vaginal bleeding for 2 to 3 weeks. Use a panty liner as needed.
- Do not have intercourse, douche, use tampons or put anything in your vagina for 2 weeks.
- You may take a sitz bath to relieve any tenderness as often as needed. Purchase a sitz bath basin from a drug store or use your bathtub. Fill the basin or tub with 3 to 4 inches of warm water and sit in it for 5 minutes.
- You may shower as usual.

### Medications

- Take ibuprofen (Motrin®, Advil®) or acetaminophen (Tylenol®) as directed for pain.
  - Start with 600 milligrams (mg) ibuprofen every 6 hours **or** 500 mg Tylenol every 6 hours.
  - If your pain is not relieved, you may increase the ibuprofen to 800 mg every 8 hours **or** the Tylenol to 1,000 mg every 8 hours.
- Follow your usual medication schedule starting today.

## When to call your physician

Contact your physician if you have any of these symptoms:

- Vaginal bleeding that is heavier than your normal period (using more than 1 pad per hour)
- Increasing abdominal discomfort (not relieved with your prescribed pain medication)
- Temperature of 100.4 degrees F or greater
- Foul-smelling vaginal discharge
- Nausea and vomiting that does not go away
- Pain that is not relieved with ibuprofen or Tylenol

## Contact information

If you have any of the above symptoms, please call our office at 312.695.7382. You will speak with the answering service who will connect you with a triage nurse or page the on-call physician. They will have you come to Prentice Women's Hospital Obstetrical Triage Unit (located on the 1st floor of the hospital), if necessary.

- For all other questions, call our office at 312.695.7382.
- Submit messages that are not urgent, such as paperwork requests, through NM MyChart. We may take 2 business days to respond to NM MyChart messages. NM MyChart should be used for non-urgent messages only.
- **For all emergencies, call 911.**