



Evacuation of the Uterus

Information for Women who have had a Miscarriage

**Welcome to the National Women's
Gynaecology Service
Tena Koe Noho Ora Mai**

Evacuation of uterus

An Evacuation of the Uterus, also known as a D & C, is a surgical procedure done under general anaesthetic to remove pregnancy tissue from the uterus.

It can be necessary if there is unusually heavy vaginal bleeding, or if there are retained products that need to be removed.

The operation

You must not eat for 6 hours prior to the operation. You can drink water until 2 hours before the operation.

You may be given misoprostol. If this is necessary you will be given written information and asked for signed consent.

You will be transferred from WAU or Ward 97 to the operating theatre by your nurse.

After the operation

You will return to the ward where your recordings and vaginal bleeding will be checked. It is usual to be discharged a few hours after the operation. You should not drive for 24 hours after an anaesthetic so you will need to be driven home. It is advisable that someone is with you at home for the first 24 hours.

Discharge advice

Pain relief:

You may get some lower abdominal discomfort similar to period pain for the next few days. Simple pain relief medication such as Paracetamol should relieve the pain. If not please contact your GP.

Preventing infection:

For at least two weeks we recommend

- No sexual intercourse
- Use sanitary pads not tampons
- No swimming pools or spa pools. Shower instead of bathing
- Finish the course of antibiotics if they are prescribed

Detecting infection:

Please contact your GP if you

- Get a temperature over 38 degrees
- Develop flu like symptoms
- Have very heavy bleeding or large clots
- Have smelly vaginal discharge.

Returning to work:

We recommend you have the following day off work. Please ask for a work certificate if you need one.

See your GP in 2 weeks for a check up.

If you are concerned about heavy bleeding please call WAU (Women's Assessment Unit), and ask to speak to the Gynaecology nurse.
307 4949 x 25900

Gynaecology Service
National Women's
March 2012