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## Post miscarriage, D and C precaution and instruction sheet

Please accept our condolences on your loss. Miscarriages are common, but this does not make them any easier. They can be sad and frightening, but when we work together, they are usually without complication.

Most miscarriages are early, as in the first trimester. If this is the case, you may pass the pregnancy naturally, or on your own, choose to get induced with cytotec, or require a D and C.

1. D and C – This stands for dilation of the cervix and curettage. Basically this means the lining of the uterus is gently cleaned out with an instrument called a curette, which is much like a spoon. This is done with some form of anesthesia.
2. Cytotec induction – This requires the administration of this medicine which helps separate the placenta and induces cramps which effect passage of the pregnancy.

Regardless of how you come to deliver, you will need to know the following:

3. **Activity** Afterwards you will be a bit crampy and will have normally lost some blood. You will recover most quickly if you rest at home the first two days. If you overdo it early on you will be more likely to have excess bleeding and discomfort. When you are evaluated at your post partum appointment, you will receive new tailored recommendations about advancing your activity.
- 4.
5. **Prevention of abnormal clotting** – Any time after a pregnancy or surgery the clotting system is activated. Examples of abnormal clotting would be a stroke, deep vein thrombosis in the leg, or a pulmonary embolus, which is a clot in the lung. While recovering, is necessary to have enough mobility to maintain good circulation even while maintaining a reduced activity level as recommended above. It is best to alternate rest and activity, and to increase physical activity as tolerated.
- 6.
7. **Pain management**- It is best to rely on a base of regularly scheduled anti-inflammatory, such as ibuprofen, with narcotic pain pills added in “on top” as needed. Narcotic pain pills can cause constipation, which can be a major cause of post op pain. Please use healthy diet, good hydration and stool softeners such as Colace and Milk of Magnesia to prevent this.

8. **Bathing**-You may shower right away, and bathe after the first day.
  
9. **Dietary intake** should be normal healthy. However you should be especially attentive about eating lots of fruits, vegetables and protein. Plain probiotic yogurt is also a good addition. Make sure to stay extremely well hydrated.
  
10. **Abstain** from intercourse, tampons or anything in the vagina until you are evaluated at your 2 week follow up appointment.
  
11. **Precautions** - Call with a fever greater than 100.0 degrees, chills, body aches, nausea, vomiting, diarrhea, uncontrolled pain or vaginal bleeding greater than a light menstrual period. Call us if you experience abnormalities of mood.

We hope these instructions will help you through this difficult phase.

