

D and C (Dilatation and Curettage)

What is a D and C?

D and C (dilatation and curettage) is a short surgical procedure that gently removes the lining of the uterus. No incisions are needed for a D and C.

You may need a D and C to:

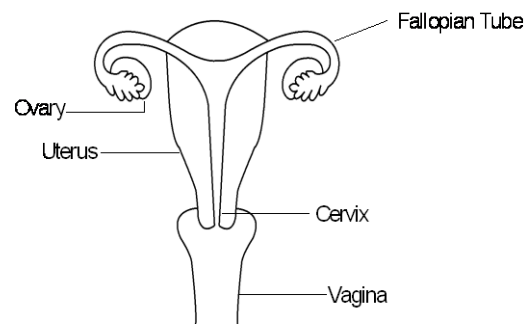
- find the cause of a problem with your uterus
- help control heavy bleeding during your periods
- empty your uterus after a miscarriage

Will I have an anesthetic?

Your doctor will decide the type of anesthetic you need:

- a general anesthetic so you will be asleep during the procedure
- a spinal anesthetic so you will not feel anything from the waist down
- a local anesthetic with a medication to relieve pain and help you relax (sedative)

The doctor gently opens (dilates) your cervix, the entrance to your uterus. A thin instrument called a curette is put through the opening to gently scrape the lining of the uterus. A sample of this tissue is sent to the laboratory to be checked and tested.



After surgery

After the procedure, you will go to the recovery room which is called the Post Anesthetic Care Unit, or PACU. From the PACU you will be taken back to Same Day Surgery.

please turn over →

What happens when I get home?

Pain

You may feel mild cramps. To relieve cramps, you can take pain medication such as acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®). Deep breathing, relaxation exercises and a warm bath or shower can also help.

Bleeding

A small amount of bleeding is normal after a D and C. The bleeding should decrease in a few days and stop within 2 weeks. However, you may continue to have spotting for up to a month after a D and C. This usually stops after your next period.

Activity

You can do your usual activities and return to work the day after your D and C. Your doctor may advise you not to use tampons or have sexual intercourse for at least 7 days or until the bleeding has stopped. If you just have spotting, you may use tampons or have sexual intercourse. The D and C does not have sexual side effects.

Follow-up appointment

If needed, your doctor or nurse will let you know when to make an appointment for a follow-up visit.

Call your doctor if you notice:

- you have a fever, a temperature higher than 38°C or 100°F
- pain in your abdomen that feels worse than mild cramps and is not relieved by pain medication
- your bleeding gets heavier or you pass large clots
- a change in your vaginal discharge or the discharge has a bad smell