

Dilatation and Curettage ~ D and C~

What is dilatation and curettage?

Dilatation and curettage is a procedure that gently removes the lining of the uterus. This procedure is also called a D and C. There are no incisions.

You may need a D and C to:

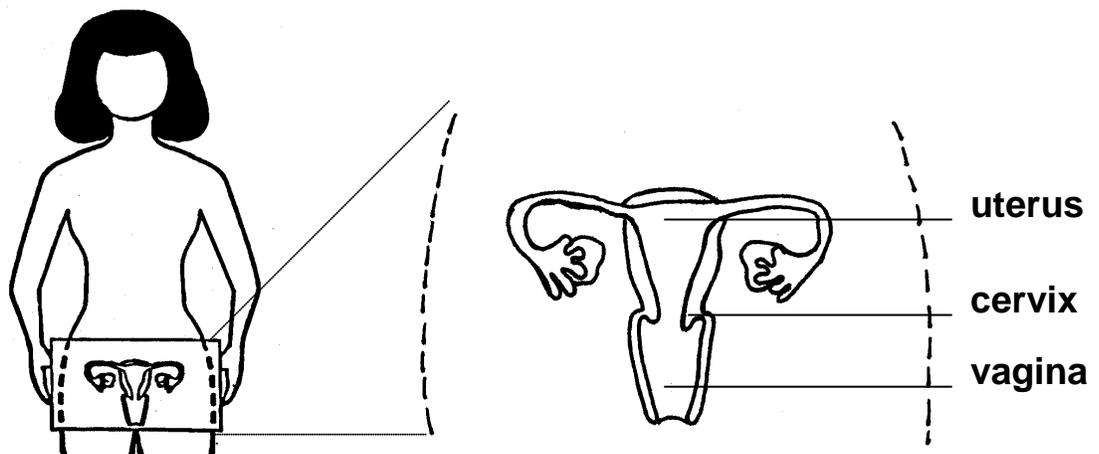
- find the cause of a problem with your uterus
- help control heavy bleeding during periods

D is for dilation

Dilation means gently opening the cervix. The cervix is the entrance to the uterus.

C is for curettage

When your cervix is opened a little, a long instrument with a small, curved tip is put into the uterus. This instrument is called a curette. It is used to gently remove the lining of the uterus. A sample of tissue is sent to the laboratory for testing.



What to expect after a D and C?

You may feel mild cramps. To relieve cramps, you can take medication such as acetaminophen or ibuprofen. Deep breathing, relaxation exercises and a warm shower can also help.

A small amount of vaginal bleeding is normal after a D and C. This should stop in 1 to 10 days. You may have some spotting during the first month after a D and C. This usually stops after your first period.

Returning to usual activities

You can return to your usual activities and work the day after a D and C.

Follow your doctor's instructions about having a tub bath. In general, avoid a tub bath for 5 days.

Follow your doctor's instructions about sexual intercourse. In general, avoid sexual intercourse for 7 days.

Call your doctor if you notice:

- you have a fever greater than 38°C or 100°F
- pain in the abdomen that is not relieved by medication or other methods of pain relief
- bleeding that gets heavier - heavy bleeding is filling 1 maxi-pad an hour for 3 hours.
- you pass large clots – larger than a loonie or a toonie for example

