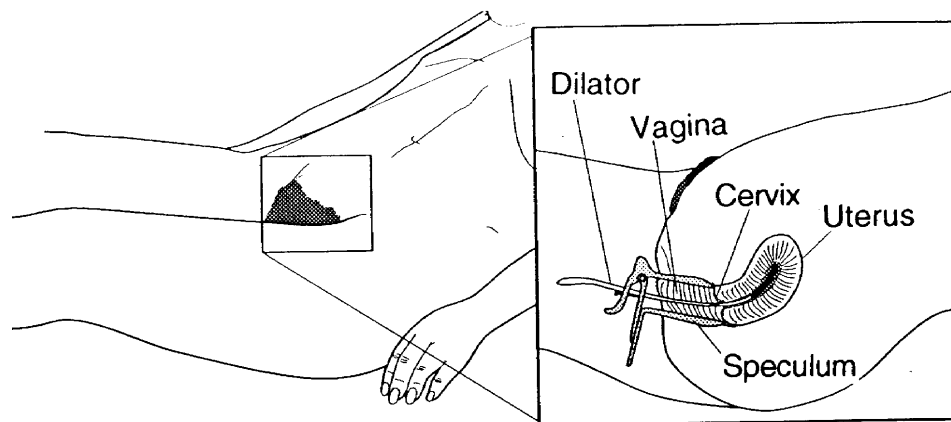


Dilatation And Curettage (D&C)

The purpose of this handout is to help you learn about your surgery called a D&C or dilatation and curettage. If you have any questions after you read this, ask your nurse.

What Is A Dilatation And Curettage?

Dilatation and curettage is also known as D&C. Dilatation means to open or stretch. The doctor must temporarily dilate your cervix. The cervix is the narrow opening or tip of the uterus (womb). The doctor will use tools called dilators. These dilators are different sizes. The doctor will stretch the cervix by putting dilators that get bigger into the opening.



When the cervix is stretched large enough, the doctor will use a spoon-shaped tool called a curet. This curet is used to scrape the wall of the womb. This is called a curettage. Sometimes a suction tool is used instead of a curet to remove the tissue or lining of the womb.

Curet



Why Is The Scraping Done?

You have had the tissue removed for a specific reason. The reasons are different with each person. Some reasons are:

- To control large amounts of bleeding.
- To find out the cause of irregular bleeding. This is important if your periods have already stopped (menopause).
- To perform an abortion.
- To remove pregnancy tissue if you are having a miscarriage. This must be done so the tissue does not remain in the womb and cause problems later.

What Can I Do After My D&C?

When you go home, take the time to go slow and follow a few easy do's and don'ts.

Do's

- Stay quiet and rest for 24 - 48 hours.
- Go back to normal activities after 48 hours.
- Eat a normal diet.
- Take Tylenol® or a similar product for pain every four (4) hours, if needed.
- You may have some bleeding for 3 - 5 days. The amount of bleeding should be as much as you normally have during your period.

Don'ts

- Avoid heavy lifting for 3 - 5 days.
- Do not drink any alcoholic beverages, drive a car or operate heavy machinery for 24 hours.
- Do not have sexual relations, use tampons or douche until your doctor gives permission.

When Do I See The Doctor Again?

- Call your doctor for any of the following:
 - ▶ Excessive bleeding where you soak a pad in one hour.
 - ▶ Severe abdominal cramps or pain.
 - ▶ Chills or fever of 101 degrees or higher.
 - ▶ Vaginal discharge which has an unusual odor.
- Make a follow-up appointment to see your doctor in 4 - 6 weeks.
- If you have any questions or problems, call your doctor.

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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