



Intrauterine procedures: aftercare advice

Information for patients from Day Surgery

You have had an intrauterine procedure in Day Surgery. Intrauterine procedures include:

- D&C (dilation and curettage)
- inpatient hysteroscopy
- surgical management of miscarriage (SMM)
- endometrial ablation, and
- cervical cauterly.

This leaflet explains how to look after yourself once you return home. If you have any questions, please contact one of the Day Surgery Units.

What should I do when I get home?

- Have someone look after you for the first 24 hours and have some rest.
- Do not drink alcohol, smoke, or take sleeping tablets for 24 hours after a general anaesthetic.
- Do not drive, cook, or operate any machinery for 24 to 48 hours after a general anaesthetic.
- You can have a shower or bath as normal.

How will my pain be managed?

- Take over-the-counter painkillers (such as paracetamol), if needed. When you feel pain, take these according to the instructions on the label.
- If these tablets do not help with your pain, please contact either:
 - your GP

- local pharmacist, or
- one of the Gynaecology Assessment Units (GAU) at the hospital.

The GAU contact details are at the bottom of this leaflet.

Will I bleed following my surgery?

- Yes. You may have some bleeding, but this should not be more than a normal period. If you had endometrial ablation, the bleeding may continue for some weeks after your procedure.
- You may have a brown discharge a few days after the bleeding has stopped.
- If the bleeding becomes excessive or you start passing large blood clots, contact NHS 111 or go to your nearest Emergency Department.
- Do not wear tampons, they can cause infection. Wear a sanitary towel instead.

When can I eat and drink again?

You can drink and eat when you get home, as long as you do not feel sick. Start with small drinks (not alcohol) and a light snack.

When can I resume my normal activities?

- Take 1 or 2 days off work after your procedure. If your job involves heavy manual work, you may need to stay off work for longer.
- Avoid sex until the bleeding and discharge has stopped, and you feel comfortable to do so. Some procedures may need you to avoid sex for longer. Please read the appropriate leaflet for guidance on this.
- Avoid signing important documents or making important decisions for 24 to 48 hours after a general anaesthetic.
- Do not drive for 48 hours following a general anaesthetic.

What if I feel unwell at home?

If you feel unwell, contact your GP immediately or one of the following Day Surgery units.

- Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 783114 (7.30am to 8pm)
Telephone: 07887 687645 (8pm to 7.30am)
- Day Surgery, **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 234499 (7.30am to 8pm)
Telephone: 07887 65 11 62 (8pm to 7:30am)

- Channel Day Surgery, **William Harvey Hospital**, Ashford
Telephone: 01233 616263 (24 hours a day, 7 days a week)

Gynaecology Assessment Unit (GAU)

- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate
Telephone: 01843 235009
- William Harvey Hospital, Ashford
Telephone: 01233 651987

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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