

## Curettage of the uterus

These instructions are intended for printing. The instructions contain sections to be filled in.

Curettage of the uterus (dilation and curettage, D and C) can be performed because of abnormal vaginal discharge (for example heavy and/or irregular menstruation, additional discharge). It can also be performed after miscarriage and to terminate a pregnancy.

### Procedure

The curettage is performed under general anaesthesia. The mucous membrane of the uterine cavity is removed, or in the case of a pregnancy, the gestational tissues are evacuated. The procedure takes 5–10 minutes.

### Recovery

Your recovery time at the ward after the D and C is usually 1–2 hours, although it varies. Avoid heavy physical effort during your sick leave. Light vaginal discharge may occur for approximately one week. While the vaginal discharge continues, swimming, bathing, intercourse, and using tampons should be avoided. It is recommended that you wash the genital area and change the sanitary pad often enough. The next menstruation usually occurs within 4–6 weeks. Your following few periods may differ from normal in the amount of bleeding and pain. Take the medication prescribed by your doctor according to the instructions.

### Treatment of pain

Usually, non-prescription painkillers are enough for home treatment.

Paracetamol

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Anti-inflammatory

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Strong painkiller

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Other medication

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Follow-up visit is arranged separately, it can take place at the Gynaecological Outpatient Clinic, your own health Centre, or with the referring doctor. The results and comments on possible samples taken can also be sent to you.

Sick leave varies between 1–3 days depending on the procedure.

## Contacts

If you experience inflammatory symptoms (fever, severe abdominal pain, foul-smelling vaginal discharge) or profuse vaginal discharge and clotting, contact your health Centre or occupational health Centre.

Gynaecological Outpatient Clinic on working days from 14.00–15.00, telephone 06 213 2012

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health unit

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.