



## ***Post Hysteroscopy Care Instructions***

The procedure you had completed today is Office Hysteroscopy. Using a scope, the physician was able to evaluate the lining of your uterus.

### ***What to expect after Hysteroscopy***

- You should expect to feel uterine (period) cramps and mild discomfort for the next 24 hours.
- Most patients are able to resume normal activity after 24 hours.
- You may return to work the day after the procedure.

Your discomfort should gradually improve.

### ***Instructions***

- Take it easy today and avoid any strenuous activity
- No driving while taking strong pain medications
- Nothing in the vagina for 2 weeks (i.e. no tampons, douching, or intercourse)
- Take pain medication as needed and as prescribed

#### **Please call the office/physician if:**

- Heavy bleeding or increasing pain develops
- New vaginal discharge or foul smelling odor develops
- Fever over 101F
- Difficulty urinating, fever, nausea, or vomiting occurs
- You have any questions