



INSTRUCTIONS AFTER HYSTEROSCOPY

1. Do not drive or operate hazardous machinery for at least 24 hours and not until you have discontinued the use of all pain medications.
2. Do not make important personal or business decisions for at least 24 hours.
3. Abstain from alcoholic beverages for 24 hours.
4. Eat light foods (jello, soups, etc.) as you can tolerate for the first 6 hours after the procedure and then advance to your usual diet as tolerated. Drink plenty of water and nonalcoholic beverages.
5. You may take a shower or a bath at any time after the procedure.
6. Light vaginal bleeding is normal for up to 10 days after the operation. Report heavy continuous vaginal bleeding especially if associated with the passage of large clots. You can use pads or tampons as needed.
7. Refrain from sexual intercourse for one week.
8. Report the following danger signals to the office as soon as possible: persistent nausea or vomiting, fever greater than 100.5 (especially if associated with shaking chills), increasing abdominal pain.
9. You will probably have mild to moderate lower abdominal cramps for the first day after the procedure. This is best treated with Advil (ibuprofen) which is sold over the counter.
10. A postoperative office visit is usually not needed, but you should call the office within one week to discuss the results from the procedure.

Reviewed 11/2/06