

Outpatient Gynaecology Discharge Instructions

- Hysteroscopy** is a way to look inside the uterus using a thin telescope-like instrument
- Endometrial ablation** is used to decrease or stop uterine bleeding
- LEEP (loop electrosurgical excision procedure)** to remove abnormal tissue from the cervix
- Other:** _____

What to expect after the procedure:

- You may have a small amount of bleeding or spotting. The bleeding should go away within a few days
- You may have mild to moderate cramping. Be sure to rest. Putting warmth on your lower belly may help
- It is normal to have some nausea or vomiting. This can be from the sedation used during the procedure
- If you had a LEEP**, you will have bloody, watery vaginal discharge for up to 10 days. It may vary from light discharge, to a heavier flow needing 3-5 pads a day. You may see a blackish colour to your first discharge. This is due to a medicine used in the procedure.
- If you had an Endometrial Ablation**, you may have light brown or watery discharge for 4 to 6 weeks.



Call your gynaecologist right away, or go to your nearest Emergency Department if you have any of the following:

- Your vaginal bleeding is soaking more than 1 pad an hour, for more than 4 hours
- You have a fever of 38°C (100°F) and/or chills
- You have nausea or vomiting that is not controlled by medicine
- You have more or different pain that you cannot control with medicine
- You are unable to pass urine (go pee)
- You have severe cramps that will not go away

Bathing, Personal Care and Sexual Activity:

You may shower, it is important to keep the vaginal area clean.

Please follow the checked instructions:

- DO NOT** soak in a tub, hot tub, or swim for 14 days.
- DO NOT** put anything in your vagina for 14 days. This includes:
 - tampons
 - douching
 - sexual intercourse





You were given medicine today to help you relax:

- NO** **YES (if yes, please follow the instructions below)**

Some medications given to you today can take up to 24 hours to clear from the body. Your balance and coordination may be affected. You may feel dizzy or light headed. You may not remember the details of your procedure

For the next 24 hours

- Do not drive
- Do not operate heavy machinery
- Do not drink alcohol or use recreational drugs
- Do not make any important decisions

Food and Drink

You may eat and drink normally when you feel able to.

- Drinking clear fluids is important for you to stay hydrated. Try to drink 6-8 glasses of fluid a day.
- You may feel like throwing up. This could be from the pain medication or from the medication used during the procedure. If this happens, drink clear fluids and slowly add other foods.

Activity

- You may find that you tire easily, get lots of rest.
- The day after your procedure, and if you feel ready you may return to your normal activities. Avoid strenuous activity or sports for about a week after the procedure.

Follow up Instructions:

- No appointment needed
- Yes; call your gynaecologist office for an appointment in _____ weeks.
