



# Intrauterine procedures - D&C, inpatient hysteroscopy, surgical management of miscarriage (SMM), endometrial ablation, cervical cautery: aftercare advice

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## Information for patients and their carers from Day Surgery

### What should I do when I get home?

- Get somebody to look after you for the first 24 hours and have some rest.
- If you have had a general anaesthetic (where you were asleep) avoid drinking alcohol, smoking, or taking sleeping tablets for 24 hours after your operation.
- 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 simple over the counter painkillers (such as paracetamol), if necessary. When you feel pain, take these according to the instructions on the label.
- If your pain is not controlled by these tablets, contact one of the Day Surgery Units using the phone numbers on the next page.

### Will I bleed following my surgery?

- You may expect some bleeding, which should not be more than a normal period. In the case of **endometrial ablation** 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 clots, contact one of the Day Surgery Units (phone numbers on the next page).
- To avoid cross infection do not wear tampons; wear a sanitary towel.



## When can I eat and drink again?

You may 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?

- One to two days off **work** should be enough. If your job involves heavy manual work, you may need to stay off work for a longer period.
- Avoid **sex** until bleeding and discharge has stopped and you feel comfortable to do so. However, some procedures may need you to avoid sex for longer. Please refer to the appropriate leaflet for guidance on this.
- Avoid **signing important documents or making important decisions** for 24 to 48 hours after a general anaesthetic.
- Following a general anaesthetic, **do not drive** for 48 hours.

## What do I do if I feel unwell at home?

You should contact your GP immediately or one of the following helplines.

- **Channel Day Surgery, William Harvey Hospital, Ashford**  
Telephone: 01233 61 62 63 (24 hours a day, 7 days a week)
- **Canterbury Day Surgery Centre, Kent and Canterbury Hospital**  
Telephone: 01227 78 31 14 (7:30am to 8pm)  
Telephone: 07887 68 76 45 (8pm to 7:30am)
- **Day Surgery Unit, Queen Elizabeth the Queen Mother Hospital, Margate**  
Telephone: 01843 23 44 99 (7:30am to 8pm)  
Telephone: 07887 65 11 62 (8pm to 7:30am)

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring in 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 had been handed in to Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)