Dilatation & Curettage (D&C) and Cervical Polyp Removal

Here is some information for you to take home

WHAT IS A D&C?
- D&C is short form for “dilation and curettage”.
- This means the cervix (opening of the womb) is slightly opened so that a medical tool (curette) can be inserted into it.
- This medical tool gently scrapes away some tissue from the inner lining of the uterus (the womb).

WHAT IS A CERVICAL POLYP?
- It is a non-cancerous growth found on the cervix.
- The cause of these polyps is not known.
- They are usually not bigger than three centimeters (3 cm) but can cause bleeding.
- Treatment is the surgical removal of these polyps.

WHY TO I NEED A D&C?
- If you have had usual heavy bleeding from the uterus (womb), a D&C will help your doctor find the cause of it.
- If you have had a miscarriage, it will prevent infection and bleeding.

BEFORE SURGERY
- Tests that may be done:
  - Blood work
  - EKG (Electrocardiogram)
  - Urine Tests
  - Chest X-ray

ON THE DAY OF THE PROCEDURE
- Shower the morning of your procedure.
- Take medication with a sip of water if instructed to do so.
- Do not smoke.

NOTE: Please do not eat or drink anything after midnight on the night before your procedure.

DURING THE PROCEDURE
- Once you are asleep, the doctor will dilate your cervix.
- Your doctor will remove tissue from the lining of your cervix and uterus with a special tool called a curette.
- The tissue is sent to the lab and looked at under a microscope.
AFTER THE PROCEDURE

- After the procedure, you will go to the Recovery Room.
- Your blood pressure and your pulse will be watched carefully.
- You will return to your room in about one (1) hour.
- Once back in your room, you may be able to get up and walk around with the help of a nurse.
- You may experience some dull cramping pain. Ask your nurse for pain pills if needed.
- You might have a small amount of vaginal bleeding. If you experience this, a sanitary pad will be given to you.
- When you are feeling well, you may go home. You will need a friend or relative to drive you.

GOING HOME

- You may be able to return to work the next day.
- To prevent infection, you are asked not to use tampons, have sex, douche, or put anything in the vagina until the bleeding has stopped.
- To prevent infection, you are asked not to go swimming until the vaginal bleeding has stopped.
- You may shower or bath. Please wait forty-eight (48) hours to have a bath after a D&C for pregnancy loss.
- Your doctor may request a follow-up appointment.

CALL YOUR DOCTOR OR GO TO THE EMERGENCY DEPARTMENT IF YOU HAVE:

- A fever.
- Pain: Pain following a D&C should not last more than one to two (1-2) days. Sever pain is not normal. Depending on your procedure, you may have pain upon urination for two (2) days.
- Bleeding: Heavy bleeding, passing large clots, or if you have foul smelling vaginal discharge.

Questions for your Doctor / Other Instructions:

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