



Maitri Health Care for Women

Obstetrics, Gynecology and Midwifery

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Follow up EUE Instructions

What to expect in the following days and weeks:

- After your procedure, it is normal to experience some uterine cramping pain that can be managed with over-the-counter medications. You can take these medications together:
 - 650 mg of Tylenol every 4 hours **or** 1,000 mg extra strength Tylenol every 8 hours with either;
 - 600 mg of Ibuprofen every 6 hours **or** 800 mg Ibuprofen every 8 hours.
- You can also try using a heating pad and massage to help manage the pain.
- You can expect to have prolonged menstrual-like bleeding after the procedure. On average, vaginal bleeding gradually diminishes over about 2 weeks after but in individual cases, bleeding and spotting may last longer.
- We recommend wearing a pad as to not risk introduction of bacteria near the opened cervix and to get a better judgement of how heavy your bleeding is.
- We also want you to avoid intercourse, hot tubs and swimming pools for one week. Do not douche or use vaginal sprays.
- The pathology results can take up to 5-7 days. Then the provider will review the results before reviewing them with you.
- You can expect to get your next menstrual cycle within 4-6 weeks after you have stopped bleeding after the procedure. We encouraged you to allow yourself one cycle before trying to conceive again.
- We recommend no intercourse until your bleeding stops and to use contraception until you have allowed yourself one menstrual cycle.

When to call:

- If your bleeding is heavy such as passing large blood clots or soaking a heavy pad in an hour
- If you are experiencing severe abdominal or pelvic pain not controlled with pain medication
- Fever greater than 100.4° or chills
- Prolonged vaginal bleeding or spotting
- Foul smelling vaginal or cervical discharge
- If you do not get a period within 4-6 weeks after the procedure