

POST HYSTEROSCOPY INSTRUCTION

General Instructions



Take all medications as instructed by your doctor.

Generally, ibuprofen and tylenol taken every 6-8 hours post operatively for the first few days work well to control the pain and cramping.

Do not drive or operate heavy machinery when still under narcotics (i.e. Tylenol #3, Hydrocodone, Oxycodone, Vicodin, & Percocet) for pain control.



Do not douche or put anything in your vagina until your doctor tells you otherwise.

Spotting or light bleeding is normal. If bleeding becomes heavy, or you become concerned, please contact your doctor.



Return to normal physical activity gradually after 1-2 days post procedure.

When To Call?



Subjective fever or fever to 100.4°F or more

Dizziness, fainting episodes

Nausea/vomiting



Shortness of breath

Heavy vaginal bleeding (spotting is normal)

Pain with urination, blood in urine or unable to void after 8 hours

Swelling, redness or pain in leg



Pain not relieved with pain medications