



Samatha Kadiyala, M.D.

Specializing in Gynecology and Laparoscopy Surgery

HYSTEROSCOPY

POST-OP PATIENT HANDOUT

POST-OP INSTRUCTIONS

- **Activity:** you may resume your normal daily activities.
- **Personal Care:** DO NOT insert anything vaginally for 48 hours (No douching, tampons or sexual intercourse). NO tub baths or swimming for 48 hours.
- **Bleeding:** You will likely have a small amount of bleeding after the procedure. It should NOT be heavier than a light menstrual period and will probably resolve spontaneously within a few days. Surgical manipulation can disrupt the normal timing of menstruation. You may get your period earlier or later than expected.
- **Pain:** Mild pelvic/abdominal cramping may occur after procedure. Most patients find that their cramping resolves within a few days. Please take the remaining TYLENOL #3 as directed for discomfort/pain.
- **Diet:** You may eat whatever you can tolerate. You may experience some residual nausea from the anesthesia or pain medication which may decrease your appetite. It is most important to remain hydrated and clear liquids are usually most easily tolerated.

PRECAUTIONS-Please call our office if you experience any of the following symptoms:

- Heavy vaginal bleeding, filling a pad an hour for more than two hours consecutively.
- Severe pelvic pain or abdominal pain lasting for greater than 24 hours.
- Foul smelling vaginal discharge
- Temperature greater than >101F
- Persistent nausea and vomiting, unable to tolerate anything by mouth.

OUR CONTACT INFORMATION

Office/answering service 979.266.9544

IF THERE IS AN EMERGENCY, PLEASE GO TO THE EMERGENCY ROOM AT BRAZOSPORT HOSPITAL OR TO THE NEAREST ER.

FOLLOW-UP: We will see you in office 1-2 weeks after procedure to go over results.

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