

Make an appointment to see your Doctor in

\_\_\_\_\_ days.

- Dr. Mobbs .....(250) 542-0343
- Dr. Upton.....(250) 503-1552
- Dr. Golosinski .....(250) 542-0353
- Dr. Daniel.....(250) 503-1717
- Dr. Half.....(250) 503-3913
- Dr. Procyshen .....(236) 503-1717
- Dr. Hulliger .....(250) 503-3913



Interior Health

## Hysteroscopy and/or D & C

### Healthlink BC

Dial 8-1-1  
Hearing Impaired Dial 7-1-1  
Talk to a Nurse 24 hours/day, 7 days/week  
Pharmacist available between 5 p.m.–9 a.m. daily  
Dietitian between 9 a.m.–5 p.m.–Monday to Friday  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Vernon Jubilee Hospital  
2101 32<sup>nd</sup> Street  
Vernon, BC V1T 5L2  
Phone: 250-545-2211

If you have any questions or concerns, discuss them with a nurse.

If you had daycare surgery, you must be accompanied home by a responsible adult. You are not allowed to drive or go home alone in a taxi.

If you have had a general anesthetic, or IV sedation a responsible adult must stay with you after surgery and overnight.

You must not drive an automobile or operate heavy machinery for 24 hours following anesthetic or as instructed.

Do not drink alcohol for 24 hours following surgery as its effects will add to those of anesthetic. Do not drink alcohol while taking narcotics for pain control.

Follow the instructions give to you by your physician. Take prescribed medication prescribed doses.

## Post-op Instructions

1. You may experience some cramping.
2. No tub bathing until all the bleeding has stopped.
3. You may commence intercourse after all the bleeding has stopped.
4. DO NOT douche or use tampons until after you first normal period.
5. Your next menstrual period may occur as normal or not as heavy as usual.
6. **Go to the nearest Emergency Department if:**
  - Heavy flow (one pad soaked every 30 minutes)
  - Severe cramping

Notify surgeon or family doctor if you develop a fever 38.5° C or higher or the vaginal discharge has a foul odor.