

**HOME CARE INSTRUCTIONS FOLLOWING
MISCARRIAGE**

ACTIVITY

1. No restrictions - rest today. Increase activity as you feel better.
2. No heavy work, heavy lifting or straining for about a week.

SURGICAL SITE CARE

1. Watch for pain, excessive bleeding, passing of clots or fever (101° or greater).
2. No tampons, douching or intercourse until vaginal bleeding has stopped (1-2 weeks).
3. If you have had a D and C following the miscarriage, use contraception until seen by a doctor.
4. Menses usually return between four and eight weeks after a miscarriage.
5. You may have had a catheter inserted into your bladder for this procedure. As a result, you may experience some burning when you urinate.

COMFORT

1. You may shower. Be careful getting in and out.
2. For milder discomfort, use over-the-counter pain medication.

MEDICATION

1. Resume all previous medications except:

2. New medications:

3. Last dose of pain medication:

SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic.
 - 12 hours after receiving sedation.
 - while taking prescription pain medications.
2. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways and when showering.
 - b. No alcoholic beverages.
 - c. Postpone signing any important papers or making any important decisions.
3. Because of the effects of anesthesia/sedation we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.



Wausau, WI

(715) 847-2121 • (800) 283-2881

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Date: _____

DIET

Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If vomiting persists, call your doctor.

WHEN TO CALL

If any of the following symptoms occur: EXCESSIVE BLEEDING (BRIGHT RED), PASSING OF CLOTS OR SATURATING A PAD PER HOUR, FEVER (OVER 101°), SEVERE PAIN, PERSISTENT NAUSEA OR VOMITING, RASH OR ANY CONCERNS ABOUT YOUR RECOVERY.

WHO TO CALL

DR.

PHONE:

After Hours Phone:

Aspirus Day Surgery Plus:

Phone: 847-2907

Open 6:00 a.m. - 7:00 p.m. (Monday - Friday)

RETURN APPOINTMENT

DR:

DATE/TIME:

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

RN Signature

Date