



## CURETTAGE

Your doctor has recommended that you have a curettage. This procedure may be recommended for diagnostic purposes or to treat several conditions that affect the uterus, such as abnormal bleeding.

It is sometimes necessary after the termination of a pregnancy or an incomplete spontaneous abortion (miscarriage). The objective is to prevent infection and other complications. The procedure consists of removing the tissue that remains in the uterus.

### BEFORE THE CURETTAGE

- Do not eat from 6 hours or drink within 3 hours of the procedure.
- Do not take Aspirin or ibuprofen for 7 days before the procedure. Instead, take acetaminophen to decrease the risk of bleeding.
- We recommend that you have someone with you for moral and physical support.
- A sedative and pain relief medication will be prescribed to control anxiety and pain.
- In some cases you will be given an injection of oxytocin, a medication that will help the uterus to contract and decrease bleeding.

- Women with an Rh negative blood group will receive the Win Rho vaccine (immunoglobulins) to prevent the formation of anti-D antibodies (a possible complication) in a future pregnancy.

### DURING THE CURETTAGE

- You will assume the gynecological position, lying on the examining table, with your heels in the stirrups.
- The doctor will insert a metal speculum into your vagina. This step is a bit uncomfortable. Try to relax by breathing through the mouth and relaxing your abdominal muscles.
- A sedative will be administered intravenously.
- The cervix will be anaesthetized and dilated so that a canula and a metal curette can be introduced to remove tissue from your uterus.
- The technique is similar if the curettage is performed under general anesthesia in the operating room, but recovery from the effects of the anesthesia is longer.
- The procedure can cause abdominal cramps and bleeding that resemble menstruation.

- The materials and tissues removed from your uterus will be analyzed in pathology then incinerated.
- Complications are rare, but may include bleeding, infection, perforation of the uterus or problems related to the anesthesia.

## AFTER THE CURETTAGE

- You will be able to return home in a few hours.
- You will not be able to drive yourself home.
- You should be able to resume your usual activities in 1 or 2 days.
- Any pain is usually moderate.
- You may experience some blood loss.
- Your menstruations may begin sooner or later than usual.
- Ask your doctor when you will be able to resume sexual relations and use tampons.

### References

[www.biblio.hmr.qc.ca/Publications\\_pdf/fausse\\_couche\\_sfe001.pdf](http://www.biblio.hmr.qc.ca/Publications_pdf/fausse_couche_sfe001.pdf)

Hôpital Maisonneuve Rosemont  
 General information about the physical and psychological manifestations of a miscarriage and the different stages a patient goes through  
 – French – Document PDF

*The American College of Obstetricians and Gynecologists* – May 2012

<http://www.womenshealthmatters.ca/2012>.  
*Women's College Hospital*



Go to the emergency room at the nearest hospital **if you experience any of the following symptoms:**

- heavy bleeding (requiring more than one sanitary napkin per hour, with or without clots);
- fever: temperature of 38.0<sup>0</sup>C for 24 to 48 hours;
- strong abdominal pain more intense than during menstruation that increases and is not alleviated by taking medication every 4 to 6 hours for 24 hours;
- strong-smelling vaginal discharge.



Call the Gynecology outpatient clinic at the CHUS at 819 346-1110, ext. 14774.



If the clinic is closed, please call Info-Santé 8-1-1.

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## REMINDER

Date of my appointment: \_\_\_\_\_

**If you must cancel your appointment, please advise our staff at 819 346-1110, ext. 14774.**