



## CVS AFTERCARE

In general, you should be able to resume most daily activities after CVS. You may return to work, as long as your job does not require excessive physical activity. The following general guidelines will help with follow-up care:

- ◆ For 24 hours after your procedure:
  - Stay off your feet as much as possible
  - No lifting over 10 pounds
  - No exercise or strenuous activities
  - No sexual intercourse or sexual activity
  - Drink extra fluid
  - \*Additional instructions for women having transcervical CVS:
    - No douching
    - No use of tampons
    - No tub baths; showers are fine
  
- ◆ Commonly experienced symptoms after CVS:
  - Spotting or brownish discharge
  - Minor bruising or soreness at the area of insertion with transabdominal CVS
  - Mild cramping for 24 to 48 hours
  
- ◆ Complications to watch for:
  - Vaginal bleeding
  - Foul smelling discharge, passage of clear fluid or tissue from the vagina
  - Heavy cramping
  - Fever or Chills
  
- ◆ If complications occur:
  - Bedrest is recommended
  - Call your obstetrician first. Your obstetrician may choose to contact us directly.
  
- ◆ Your results:
  - Will be ready 7-10 days following your CVS. Results occasionally take longer. If you do not have your results in fourteen days from the procedure, feel free to contact us.