



AMNIOCENTESIS AFTERCARE

In general, you should be able to resume most daily activities after amniocentesis. 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 amniocentesis:
 - Stay off your feet as much as possible
 - No exercise or heavy lifting (>10 lbs)
 - No sexual intercourse or sexual activity
 - Drink extra fluid

- ◆ Commonly experienced symptoms after amniocentesis:
 - Minor bruising or soreness at the area of insertion
 - Mild cramping for a few hours

- ◆ Complications to watch for:
 - Vaginal bleeding
 - Loss of amniotic fluid from the vagina
 - Cramping lasting more than 4 to 6 hours
 - Fever or Chills

- ◆ If complications occur:
 - Call your obstetrician. Your obstetrician may choose to contact us directly.
 - Bedrest is advisable

- ◆ Your results:
 - Will be ready 10-14 days following your amniocentesis. Results occasionally take longer. If you do not have your results in fourteen days from the procedure, feel free to contact us.

- ◆ If your amniocentesis was performed to determine fetal lung maturity, please call our office (302-733-3697) 1 ½ to 2 hrs after your procedure. You will speak with the nurse who will inform you of the results of your test.