

## **THE FERTILITY CENTER OF OREGON**

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### **POSTOPERATIVE INSTRUCTIONS AFTER HYSTEROSCOPY**

1. You may shower, swim, or tub bathe and use tampons at any time.
2. Vaginal bleeding may be very light (or not at all) to as much as a normal period and may last from 1-7 days.
3. Please do not resume vaginal sex relations or douching for 24-48 hours or until bleeding stops because of possible risk of infection.
4. Cramps may last for 1-3 days and will usually respond to Tylenol or Advil.
5. Important signs of problems for which you should contact the office right away include:
  - A. Heavy bleeding (more than a normal period or large clots)
  - B. Temperatures of 101 F. or more.
  - C. Abdominal pain.