

# CURETTE FOR MISCARRIAGE

## ADVICE FOR GOING HOME AFTER YOUR PROCEDURE



the women's  
the royal women's hospital  
victoria australia

There is no 'right' way to feel following a miscarriage. You may feel a range of physical or emotional reactions, or you may feel very little at all. Recovering from your curette will take some time and it is important to take care of yourself during this period. This information will help you in your recovery.

### Caring for yourself after your curette

For the first 24 hours

- Make sure you get adequate rest; no heavy lifting, housework or cooking
- Take care when moving about; it is normal to feel light-headed after anaesthetic and pain medications.
- **Do not** drive a car.
- **Do not** drink alcohol.
- **Do not** sign any legal documents
- **Do not** operate machinery or electrical appliances that can cause injury.

### What to expect after your go home

- It is usual to have pain and bleeding.
- Vaginal bleeding may continue for up to ten days after the operation and should be like a light period or less.
- Use pads and not tampons until the bleeding stops.
- You can recommence having sex after your vaginal bleeding has stopped and you feel comfortable to do so, unless your doctor advises you differently.

### Managing your pain and discomfort

You can use heat packs or pain relieving medication from your pharmacist.

### Be aware of signs of infection

If you have any of the symptoms listed below, you may have an infection:

- sudden hot flushes, high temperatures or sweating
- sudden pain
- increased vaginal bleeding
- any smelly vaginal discharge

For these and any other concerns, please see your local doctor or go to your nearest hospital emergency department.

### Feelings and reactions after a miscarriage

While there is no 'right' way to feel following a miscarriage, some degree of grief is very common, even if the pregnancy was unplanned. Take it one day at a time and acknowledge your feelings.

Some people may continue to experience feelings of loss long after the miscarriage occurs. It is common to feel upset around the date of an expected birth or the anniversary of the miscarriage.

Most people find it helpful to talk about their feelings; this may be with your partner, other family members or close friends. You may choose to get professional support. Please speak with your local doctor (GP) for advice.

The following organisations also offer support and information:

**SANDS (miscarriage, stillbirth and newborn death support)**

T: 1300 072 637 (24/7 service)

[www.sands.org.au](http://www.sands.org.au)

**Red Nose Grief and Loss**

(formerly SIDS and Kids)

T: 1300 308 307 (24/7 service)

[www.rednosegriefandloss.com.au](http://www.rednosegriefandloss.com.au)

**Griefline**

T: 1300 845 745

[www.griefline.org.au](http://www.griefline.org.au)

**Australian Centre for Grief and Bereavement**

T: 1800 642 066 or (03) 9265 2100

[www.grief.org.au](http://www.grief.org.au)

## For your next appointment

It is important to see your local doctor (GP) or return to the clinic for an appointment. If an appointment is not made for you before you go home, a letter will be posted to you.

When you leave the hospital, you will be given a discharge summary. Please be aware that the medical definition for a miscarriage is 'missed abortion'