

# Hysteroscopic Myomectomy/Polypectomy

## Discharge Instructions



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decisions together  
with patients  
and families

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person to whom it was given by the health care team.

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## General Information

Hysteroscopic Myomectomy/Polypectomy is usually performed for women with abnormal uterine bleeding and/or fertility related problems. This procedure involves removing fibroids/polyps from the uterus. There are different methods for removing fibroids/polyps. Your surgeon will have discussed the best way for you.

## Important Points in Treatment

- You may drink or eat anything you want when you are able.
- You can begin your normal activities unless your surgeon tells you otherwise.
- Avoid sexual intercourse and avoid vaginal tampons until all bleeding has completely stopped.
- Shower only, **NO BATHS OR HOT TUBS**, until all bleeding has stopped.
- You may feel some mild to moderate cramping in your lower belly. This may get better with a hot water bottle or pain medication as ordered by your doctor.
- Call your doctor's office to book a follow-up appointment.

## Notify the Doctor or Go to the Emergency Department if any of the following happens:

- your bleeding is heavier than your regular period;
- bleeding is longer than 3 weeks from your operation;
- feeling faint, sweaty, or very dizzy all of a sudden;
- you have a fever over 38°C (100.4°F);
- there is a foul smelling vaginal discharge;
- you have severe cramps that do not stop with your pain medication.

## Besides these general instructions remember also:

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