

Vacuum aspiration of uterus under local anesthesia

Sog úr legi í staðdeyfinngu

Vacuum aspiration under local anesthesia is performed to evacuate contents from the uterus following a miscarriage or abortion in order to empty the uterine cavity.

Preparing for the procedure

In some cases, two tablets of the medication Misoprostol (Cytotec) are administered to soften the cervix. The tablets are placed deep into the vagina at least 2 hours before surgery. The medication may cause pain and increase bleeding. Therefore, it is recommended to take 1 g of paracetamol and 400 mg of ibuprofen one hour before the procedure. You don't have to fast before your appointment.

Day of the procedure

The procedure is performed at the Gynecology Outpatient Ward 21A. The procedure is done through the vagina under local anesthesia. The cervix is dilated and the contents of the uterus removed by suction. The whole process usually takes about 15-20 minutes. Complications are rare and you can return home after the procedure.

Discharge information

Pain and pain medication

It is normal to experience mild menstrual pain following the procedure. Paracetamol and ibuprofen are recommended for pain relief, provided that there are no allergies or intolerances. The maximum dose of paracetamol is 1 g four times a day and ibuprofen 400 mg four times a day.

Bleeding

Vaginal bleeding may be expected for up to three weeks following the procedure. In some cases, almost no bleeding is detected, which is also normal. Your next normal menstruation should start after 4-6 weeks and may be a little heavier than usual.

Post-procedure advice

- You can take a shower, but not a bath, swim, or use a hot tub for two weeks after the procedure.
- You can only use a pad, not a tampon or menstrual cup, while the bleeding is ongoing.
- Sexual intercourse should be avoided for two weeks after the procedure.
- You can usually return to work or school the day after the procedure.
- There is no need for a follow-up appointment with a doctor.

Contact the gynecology ward if the following warning signs appear in the next two weeks:

- There is so much bleeding that a large pad (an over-night pad or similar) is filled within 30 minutes, for a period exceeding two hours.
- Fever higher than 38.0°C.
- Severe pain in the abdomen which is not relieved by the recommended pain medication.

If the matter cannot wait until the next day, you can contact Landspítali's switchboard, tel. 543 1000, and ask to be directed to the Gynecology Ward's emergency telephone services. For emergencies, contact 112

Telephone numbers

The Gynecology ward 21A is open on weekdays from 08:00-15:45

543 3224

Landspítali's switchboard (telephone shift for gynecological emergency services)

543 1000