

Surgery Center of Pinehurst Home Instructions for Cerclage

Activity:

Bed rest for 24 hours

No sexual intercourse until ok'd by your physician. You may be required to abstain for the duration of your pregnancy.

Do not douche.

You may not return to work until approved by your physician.

Further activity restrictions as directed by your physician.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate and/or constipate, so drink plenty of fluids.

Do not drive a car as long as you are taking pain medication.

Please call your Doctor with any of the following:

- **cramping** not relieved by rest
- **vaginal bleeding**, including spotting
- **fever** of 101 degrees or greater
- **symptoms of urinary tract infection** such as frequent urination or pain on urination or back spasms

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