

Manual Vacuum Aspiration (MVA) After Care

An MVA is a procedure that uses suction to remove tissue from the uterus.

After an MVA

Some bleeding and cramping are common, but most people are back to normal the next day. Have maxi pads, pain medicine, and a heating pad ready in case you need them for cramps.

You can shower and return to a normal diet.

Vaginal Bleeding

You may have bleeding for up to two weeks. The bleeding may start and stop. Some people have no bleeding for 2-3 days, then have heavier bleeding. Others only have spotting. Exercise may increase bleeding.

Cramping

You may have some cramping over the next week.

Pain

For pain, refer to instructions from your provider. They may recommend taking over the counter medications such as:

- Tylenol[®]
- Ibuprofen (Motrin[®] or Advil[®])
- Naproxen (Aleve[®] or Naprosyn)

Otherwise, avoid taking these medicines. Drinking warm liquids and using a heating pad may also help.

Emotions

It is common to feel a wide range of emotions, based on your situation. These feelings are normal. Please contact your healthcare provider if you would like additional resources to help you process your emotions.

Your Period

An MVA starts a new menstrual cycle. You should go back to a normal cycle 4-8 weeks after the procedure.

Special Care

Do not have sex or put anything in your vagina for one week including:

- Tampons
- Douche
- Menstrual cups

When to Call

- Bleeding that soaks through more than two maxi pads an hour for more than two hours.
- Cramps that are getting stronger and not helped with pain medicine.
- A fever higher than 101 degrees.
- If you feel that something is wrong or feel you have an emergency.

Who to Call

If you have any questions, please call the clinic where you had the procedure done.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8117.