

Manual Vacuum Aspiration (MVA) After Care Guidelines

What is manual vacuum aspiration (MVA)?

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

What to Expect After

You will most likely feel fine when you go home. You can do your regular activities. You can exercise, shower, wash your hair. Eat as normal, but you may feel sick to your stomach for a few days.

Vaginal Bleeding

You may have bleeding for up to two weeks. The bleeding may stop and start for several weeks after the procedure. Some women have no bleeding for two or three days and then begin to have bleeding. Some may only have spotting and then no more at all. Heavy activity may increase bleeding, this is not harmful.

Cramping

You may have cramping off and on over the next week. Use a pain medicine like, Tylenol[®], ibuprofen (Motrin[®] or Advil[®]) or naproxen (Aleve[®] or Naprosyn). A heating pad or drinking warm tea may help.

Emotions

You may feel a wide range of emotions based on your situation. These feelings are from changes in hormones. Feeling emotional is normal. Contact your health care provider if you need help dealing with your emotions.

Your Period

You can expect your period to come back in four to eight weeks. It is not the same for all women.

Follow-Up Visit

Schedule a follow-up visit in one week.

Special Care

Do not put anything in your vagina for one week. Do not use tampons, douche, or have sex.

When to Call

- Bleeding that soaks through more than two maxi pads an hour for more than two hours.
- Cramps 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.
- If you forgot something or are worried. No question is too small.

Who to Call

If you have any questions, 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 © 11/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8117