
Discharge Instructions for Hydatidiform Mole

You have been diagnosed with a hydatidiform mole (also called molar pregnancy). A hydatidiform mole is the overgrowth of tissue around a fertilized egg. The mole could become cancer. So, it's important to have correct treatment as soon as possible. You and your healthcare provider have decided on dilatation and curettage (D&C) to remove the mole. This procedure will remove the abnormal tissue. Here are guidelines to follow at home after the procedure.

Activity

Dos and don'ts include:

- Take it easy. Don't do any strenuous activity. Get plenty of rest for 2 days after surgery as directed by your healthcare provider.
- Return to your normal activities after 48 hours. You may also go back to work at that time.
- Don't drive for 24 hours after the procedure.

Other home care

Dos and don'ts include:

- Eat a normal diet.
- Take an over-the-counter pain reliever for pain, if needed.
- Remember, it's OK to have bleeding for about a week after the procedure. The amount of bleeding should be similar to a normal period.
- Don't have sex or use tampons or douches until you see your healthcare provider for a follow-up appointment. Don't get pregnant for a year after the molar pregnancy. It's important that you choose a birth control method.
- Ask for help if you feel depressed. Many women believe they're pregnant for several months before they're diagnosed. The feelings of grief and loss can be overwhelming. Get help if you're feeling sad. Also get help if you feel you might harm yourself or others.

Follow-up care

- Make a follow-up appointment as directed by your healthcare provider.
- Keep your follow-up appointment with your provider. Your provider may order follow-up blood tests. This is to make sure that all of the molar pregnancy has been removed and has not become cancer.
- Follow-up blood tests will be done at regular intervals for a year or more after a molar pregnancy.

When to call your healthcare provider

Call your healthcare provider right away if you have any of the following:

- Bleeding that soaks more than 1 sanitary pad in 1 hour
- Severe belly pain or cramps
- Fever of 100.4° F (38°C) or higher, or as directed by your provider
- Chills
- Vaginal discharge that has a bad odor