

## **POST-GENETIC AMNIOCENTESIS INSTRUCTIONS**

This page reviews what to expect after your genetic amniocentesis. Please refer to this sheet if you have any questions, keeping in mind that you may wish to discuss any concerns with your physician or contact our office during business hours to speak with one of our doctors.

The great majority of women do not have any complications after a procedure. The following describes "normal" symptoms after an amniocentesis as well as the symptoms that should prompt special attention.

On the day of your procedure:

- you can eat and drink normally
- you can shower
- you should not work; relax for the rest of the day, sitting or lying down
- you should not drive a car, not exercise, no heavy lifting, no long walks, no sexual intercourse
- if you have children at home, have someone else take care of them for the day
- drink a large glass (8 oz each) of water or juice at least every 1-2 hours
- it's normal to have a little pain or burning in the skin where the needle went in
- it's normal to have some mild lower abdominal, pelvic or back pain
- you may take 1-2 tablets regular strength Tylenol every 4-6 hours

On the day after the procedure, if you feel well, you may return to work. Most women after genetic amniocentesis return to their usual activities within 24 hours. Slight spotting of blood as well as mild abdominal or uterine cramping may commonly occur in the first couple of days after amniocentesis. Drinking more fluid can lessen abdominal cramps and helps replenish the amniotic fluid removed. Tenderness or bruising at the site of needle insertion is also possible.

For three days (72 hours) after your procedure:

- No vigorous activities (i.e., exercise)
- No tampons. If spotting occurs, use pads only
- No sexual intercourse
- No lifting anything great than 20 pounds
- No tub baths or swimming

Do not plan long distance travel for 5-7 days after the procedure

If you experience any of the following symptoms, please call your physician/midwife immediately:

- Heavy leakage of fluid (gushing)
- Heavy bleeding (more than a period)
- Chills or fever greater than 100.4 F
- Severe cramping
- Foul-smelling vaginal discharge

Once the procedure has been safely completed, the anxiety of waiting for results can prove to be the worst part of the process. Results of testing will be provided to you as follows: the physician will call you with the results of the Fluorescent In Situ Hybridization (FISH) test if this has been requested between 3 to 7 pm of the next business day. A genetic counselor will call you in 10-14 days with the final karyotype analysis and amniotic fluid AFP results. If specialized testing is requested, timing of results may vary.

Thank you for the opportunity to participate in your care. We also welcome any comments/suggestions that you may have that will improve the services we provide.