



After Your Amniocentesis

Cramping: Many women have mild crampy abdominal pain (like menstrual cramps) after amniocentesis. This is a natural and common occurrence after this procedure. The cramping usually occurs for a few hours after the procedure, but occasionally it will continue for a day or more. If you are cramping, we advise that you stay off your feet. If you need pain medicine, it is OK to take acetaminophen (Tylenol).

Leaking: Many women feel some “dampness” in the vaginal area after the amnio. This is common and not associated with any problems. Mucous discharge is also common and usually normal. Vaginal leakage of a tablespoon or more of watery fluid may indicate a small hole in the amniotic membrane which almost always repairs itself. If you have fluid leakage from the vagina, please call us for instructions.

Bleeding: Tiny spots of vaginal blood are normal. Please call us if you have vaginal bleeding heavier than spotting. If we put a bandage on the site of the amnio or RhoGAM® shot, it can be removed as soon as you get home.

Activities: It is OK to perform light activities on the day of the amniocentesis such as walking, going up or down stairs, showering, bathing, and eating. You can generally return to work the morning after the procedure, even if it hasn't been a full 24 hours. You should not plan to go to work right after the procedure as this may cause you to develop cramping.

The following activities should be **AVOIDED FOR 48 HOURS** after the procedure:

Heavy lifting (anything too heavy to lift with one hand)

Sexual intercourse

Airplane travel

Results: It takes about 2 weeks for amnio results to be received. We will call you as soon as we have the results

Calling Us: Our 24 hour phone number is (408) 371-7111. Please feel free to call us with any questions or concerns.