



Amniocentesis Aftercare Instructions

In general, you should be able to resume most daily activities after an amniocentesis. You may return to work as long as your job does not require excessive physical activity. The following guidelines will help you with follow-up care:

For 24 to 48 hours after your procedure:

- Stay off your feet as much as possible
- No exercise or heavy lifting
- No sexual intercourse or sexual activity
- Drink extra fluid

Commonly experienced symptoms after amniocentesis:

- Minor bruising or soreness at the area of needle insertion
- Mild cramping for a few hours (you may take Tylenol for this discomfort)

Complications to watch for:

- Vaginal bleeding
- Loss of amniotic fluid from the vagina
- Cramping lasting more than 4 to 6 hours
- Fever or chills

If complications occur:

- Bed rest is advisable
- Call your obstetrician → Your obstetrician may choose to contact us directly, or you may feel free to call our office at (301) 251-8611.

Your results:

Preliminary results are generally available 2 business days following your procedure. Final results will be available 10 to 14 days after the procedure. A genetic counselor from our office will contact you when results are available. In the interim, please contact us if you have additional questions or concerns.