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## Chorionic Villus Sampling (CVS) Aftercare Instructions

In general, you should be able to resume most daily activities after a CVS. 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 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
  - \* Additional instructions for women having transcervical CVS:
    - › No douching
    - › No use of tampons
    - › No tub baths; showers are fine

### Commonly experienced symptoms after CVS:

- Minor bruising or soreness at the area of needle insertion (transabdominal CVS)
- Mild cramping (you may take Tylenol for this discomfort)
- Light spotting/brown discharge

### Complications to watch for:

- Vaginal bleeding
- Foul smelling discharge or passage of amniotic fluid or tissue from the vagina
- Cramping lasting more than 24-48 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.

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