

INSTRUCTIONS TO PATIENTS FOLLOWING Amniocentesis/CVS

POTENTIAL SYMPTOMS AFTER AMNIOCENTESIS/CVS:

- Pressure or cramping: You may feel mild pressure sensation or mild menstrual type cramps which usually subside within the first 24 hours.
- Soreness: You may feel mild soreness where the needle was inserted.
- Spotting: A small amount of vaginal bleeding is not of concern.

ACTIVITY AFTER AMNIOCENTESIS/CVS:

- Avoid strenuous activity today (strenuous exercise, very heavy lifting, heavy housework).
- Refrain from sexual intercourse for 24 hours.
- No restrictions on regular activities such as walking, climbing stairs, eating, driving, bathing, taking care of children, working (unless work involves strenuous activity).

IN GENERAL:

- Resume all normal activities the day after the procedure unless you have continued cramping or spotting.
- Be conscious of your general well-being for the next couple of days. If you feel achy or flu-like, take your temperature.
- Call your Ob/Gyn Provider (Advice phone line) if you have any of the following:
 - Fever greater than 100.4° F
 - Continued cramping that increases in intensity
 - Vaginal bleeding like a menstrual period
- Leakage of amniotic fluid is a rare (1%) complication. If you leak clear fluid that soaks through your underwear, do the following:
 - Lie down and remain at bedrest.
 - Take your temperature and call as noted above if it is greater than 100.4° F.
 - You do not need to go to the hospital or clinic immediately for fluid loss unless you have a fever, vaginal bleeding, or severe cramping.
 - If the leaking persists for more than 24 hours, call your Ob/Gyn Provider (Advice phone line) the next working day for an appointment to be seen if necessary. Most women who leak fluid after amniocentesis/CVS have a good outcome.

If you have any other questions about your procedure, you may call the Genetics Department at Santa Teresa (408) 972-3300. As soon as the results of your amniocentesis/CVS are ready, your Genetics Counselor will contact you with the information.

羊膜穿刺術／絨毛膜取樣 程序後病人須知

羊膜穿刺術／絨毛膜取樣後的可能症狀：

- 感到壓力或絞痛：妳可能會感到輕微的壓力或類似月經的輕微絞痛，但通常會在最初 24 小時內消退。
- 疼痛：針刺部位可能感到輕微疼痛。
- 少量出血：陰道少量出血並無須顧慮。

羊膜穿刺術／絨毛膜取樣後的活動：

- 今天請避免劇烈活動（劇烈運動、舉起重物、繁重的家事）。
- 最初 24 小時避免性行為。
- 無須禁止日常活動，例如走路、爬樓梯、吃東西、開車、洗澡、照顧子女、工作等（除非涉及劇烈的活動）。

通則：

- 除非持續絞痛或少量出血，否則程序之後的第二天可以恢復所有正常活動。
- 接下來幾天請特別留意妳的整體健康狀況。如果覺得疼痛或有流感的症狀，請量體溫。
- 如果發生以下情況，打電話給妳的婦產科醫護人員（諮詢專線）：
 - 發燒超過 100.4° F
 - 持續絞痛，而且越來越嚴重
 - 類似月經的陰道出血
- 羊水滲漏是一種罕見的併發症 (1%)。如果滲出的透明液體染濕內褲，請採取以下步驟：
 - 躺下來保持臥床休息。
 - 量體溫，如果超過 100.4° F 請打電話給婦產科醫護人員。
 - 除非有發燒、陰道出血或嚴重絞痛的症狀，否則不必因為滲出液體而立刻去醫院或診所。
 - 如果液體滲漏持續 24 小時以上，請在下一個工作日打電話給妳的婦產科醫護人員（諮詢專線），在必要時約診。在羊膜穿刺術／絨毛膜取樣後滲漏液體的女性大部分都無大礙。

如果妳對於程序有其他問題，請致電 Santa Teresa 的遺傳科，電話是 (408) 972-3300。羊膜穿刺術／絨毛膜取樣結果一出來，妳的遺傳顧問就會和妳聯絡。