

Post Amnio (AMNIOCENTESIS) Instruction Sheet

To assure a safe and complete recovery, you need to follow these instructions:

1. No strenuous activity for 24 hours, such as exercise and heavy lifting.
2. No sexual intercourse for 24 hours.
3. Drink plenty of fluids and rest adequately as it is common for mild abdominal cramping to occur for 24 to 48 hours after the procedure.
4. You may use extra strength Tylenol or Motrin as directed on the bottle for 24 hours for cramping, which can be common following amniocentesis.

Follow these instructions until the cramping subsides.

Call the office immediately if the follow symptoms occur:

1. Severe abdominal cramping.
2. A regular pattern of menstrual type cramping.
3. Vaginal leakage of fluid (clear watery discharge).
4. Fever.
5. Vaginal bleeding.