



**Perinatal Diagnostic Center & Women's Ultrasound, Inc.**  
Daryoush Jadali, M.D., F.A.C.O.G.

Ventura, CA | Thousand Oaks, CA | West Hills, CA | Van Nuys, CA

Monday to Friday 8:30 AM - 5:00 PM

Closed Holidays and Weekends



(805) 643-9781

(805) 777-7406

Fax (805) 494-6825

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## **Patient Instructions Following Amniocentesis**

You have just had an amniocentesis, the removal of sample fluid from the bag of water that surrounds your baby during pregnancy.

### **1. Vaginal Spotting**

Very rarely some women may notice a few tiny streaks of blood on their panties. This is not serious, and you should not be alarmed. However, please call if you have heavy bleeding (like a menstrual period).

### **2. Vaginal Leaking**

A small amount of leaking from the vagina may occur. If this is amniotic fluid, it will be clear, watery, not mucous, and is not urine. This is usually a small amount and is self-limiting. After bed rest for a couple of days, the hole will usually heal over. If not, and the leaking continues for more than 24 hours or is a significant amount, please call.

### **3. Tenderness**

Some women feel sore at the spot where the fluid was taken. This is normal and should go away in a day. You may take Tylenol for discomfort.

### **4. Fever**

There is always a possibility of getting a fever every time the skin is penetrated, even if you cut yourself. This is usually a sign of infection. It is very rare to get a fever after an amniocentesis, but the possibility does exist. If you think you have a fever, take your temperature, and if it registers greater than 100.4 degrees, please call.

### **5. Cramping**

Many women have menstrual-like cramping after the test. This usually goes away in a day. If cramping persists for more than two days, please call.

### **6. Traveling**

Avoid traveling for 7 days.

After the test, you will probably feel fine, but it's a good idea to take it easy for the next 2-3 days. Avoid sexual intercourse. Do not do heavy house cleaning, lifting heavy objects, and a lot of running up and down the stairs, jogging, or exercising. Do relax, put your feet up and try to rest or take a nap. You can drive. You can go to work if it is not a physically strenuous job.

Remember that you are the best judge. If you have any questions, think something is not right or you are concerned about yourself or the baby, please do not hesitate to call us.

Results will be available in 10-14 calendar days.