



# Cervical cerclage post operation

## Patient information

A cervical cerclage is an operation where a suture (stitch) is placed around the cervix (neck of womb). It is also sometimes called a cervical suture. It is usually performed between 12 and 23 weeks of pregnancy to reduce the risk of preterm labour.

## After a cervical cerclage

**Rest:** Plan to rest for the first 2 to 3 days after the operation.

**Activity restrictions:** Avoid strenuous exercise, heavy lifting, swimming and sexual intercourse for 2 weeks, or as advised by your doctor.

**Pain relief:** Take pain medication as ordered by your doctor.

**Bleeding and discharge:** Expect some light bleeding and increased vaginal discharge, which should subside within a few days.

**Hygiene:** Use sanitary pads, changing frequently to stay clean and dry. Shower as usual.

**Fluid intake:** Drink plenty of fluid.

**Follow-up:** Attend all scheduled follow-up appointments to monitor your pregnancy and the cerclage.

## Vaginal progesterone

If you have been taking vaginal progesterone before your cerclage, you can restart this once any bleeding has stopped.

## When to seek advice

If you experience any of the following symptoms, please contact Healthdirect on 1800 022 222, visit your GP, or go to the nearest emergency centre or emergency department:

- Contractions or cramping
- Vaginal bleeding (larger than a 50-cent piece)
- Your waters breaking
- An offensive (smelly) vaginal discharge
- A fever - high temperature or chills.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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