



AMNIOCENTESIS AFTERCARE

In general, you should be able to resume most daily activities after an amniocentesis. You may return to work, as long as your job does not require excessive physical activity.

The following list will address common questions:

- For the first 24 hours after your amniocentesis:
 - Stay off your feet as much as possible, but strict bedrest is NOT required
 - NO exercise of heavy lifting (more than 10 lbs)
 - NO sexual activity
 - Drink extra water

- For the first 72 hours after your amniocentesis:
 - NO swimming or taking a bath (you may shower)
 - NO air travel

- Common symptoms after an amniocentesis:
 - Minor bruising or discomfort at the site of the needle insertion
 - Mild cramping or a few hours

- Complications to be on the lookout for:
 - Vaginal bleeding
 - Gush or leaking of amniotic fluid from the vagina
 - Cramping that lasts for more than 4-6 hours
 - Temperature of at least 100.3 F or higher

- If complications occur:
 - Call your OB provider
 - Bedrest is recommended until further evaluation

- Results:
 - Preliminary results are usually back in 3-4 days
 - Final results are ready in 10-14 days
 - Our office will contact you with the results
 - IF an amniocentesis was performed to determine fetal lung maturity, the results are usually available in 4-6 hours and sent to your OB provider's office