Post Amniocentesis Instructions

For Results:
Arrangements have been made between you and your doctor. You will be called with further instructions after the results are available.

Activity:
- The first 24 hours following your procedure, you will need to stay off your feet.
- Then, for four to five (4-5) days, you will need to avoid strenuous activities including:
  - Heavy lifting (greater than 10 pounds), including lifting children
  - Exercise
  - Sexual intercourse
- Do not use tampons for spotting or fluid leakage.
- Do not travel for at least one week following your amniocentesis.

Call your doctor at (913) 696-5000 if you experience any of the following or if you have questions or concerns:
- Pain
- Leaking of fluid
- Vaginal bleeding
- Temperature of 100° F (37.8° C) or greater
- Chills
- Uterine contractions
- Decrease in the baby’s movement