

## DILATATION AND CURETTAGE (D&C)

### Definition

D&C is a minor surgery commonly performed in gynaecological practice. It involves dilating the cervix and then scraping the endometrial lining of the uterine cavity. The procedure is simple but if not performed carefully may lead to complications which can be life threatening and can compromise fertility.

### Recognition Of Common Indications For D& C

- Abnormal uterine bleeding
  - Intermenstrual or bleeding at irregular intervals in any age group
  - Excessive menstrual bleeding either in amount or duration at and above 40 years of age
  - Persistence of excessive menstrual bleeding, cyclical or acyclical, despite medical management below 40 years of age
- All women with post menopausal bleeding
- Infertility
- Suspected genital tuberculosis

### LEVEL 1: SOLO PHYSICIAN / LEVEL 2: 6 - 10 BEDDED PHC

- Identify the women requiring D&C as per the indications mentioned above
- Carry out a preliminary investigation of Hb, and Urine RE
- Refer these women to CHC / Distt Hospital

### LEVEL 3: 30 - 100 BEDDED PRIMARY HEALTH CENTRE

- Confirm indication for the operative procedure
- D&C to be performed by Gynaecologist under sedation / local para-cervical block/ regional / general anesthesia
- Specimen obtained from endometrial cavity to be sent in formalin saline for histopathological examination by the pathologist
- Treat the patient based on histopathological diagnosis

### Referral Criteria :

- Depending upon pathology diagnosed, patients referred to Distt / Tertiary hospitals for definitive management
- Failure of conservative management of pathology diagnosed

### LEVEL 4: AT 100 OR MORE BEDDED DISTRICT HOSPITAL

- Same as Level 3 if directly referred from Level 1 or Level 2
- Histopathological evaluation of endometrial sample
- Microbiological evaluation of endometrial sample
- Definitive management of pathology diagnosed

### SUGGESTED READING

1. Berek and Novak's Gynaecology. (Ed) Berek J S. Fourteenth edition, Lippincott Williams & Wilkins. 2007.
2. Te Linde's Operative Gynaecology.(Eds) Rock J A, Jones H W. Ninth edition, Lippincott Williams & Wilkins, 2003