

HOW TO CARE FOR Yourself After An Amniocentesis procedure

Avoid these after the procedure



Lifting weights above 15 pounds for at least a day





Doing strenuous exercise for 72 hours



Air traveling for 72 hours

Sexual intercourse for 72 hours

Conditions when to see a doctor



Fever



Severe uterine cramps lasting for more than a few hours



Vaginal fluid leakage or bleeding



Unusual or lack of fetal movement



Source: https://www.momjunction.com/articles/amniocentesis-test-procedure-risks-and-results_00388204/