



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