

DISCHARGE INSTRUCTIONS:

- **BLEEDING** – Bleeding or spotting for 3-8 weeks after an abortion is normal. Use maxi-pads so you can monitor your bleeding days while your flow is heavy, usually for the first 2-3 days. You may switch to tampons, light pads or menstrual cups once your bleeding is light. Some people experience no bleeding, which is also normal.
- **CRAMPING** – You may experience cramping after an abortion, which is normal. It is the most intense 1-2 days after the abortion and typically improves. Mild cramping may last several weeks. To reduce discomfort, we recommend:
 - Using a heating pad or hot water bottle on your abdomen
 - Taking your prescribed medications
 - Performing uterine massage, which can significantly decrease cramping. To perform uterine massage, make a fist with your hand, and rub firmly inward below your belly button, in downward circles. Uterine massage can stimulate your uterus to contract back to its pre-pregnant size. You may bleed and pass clots that your body needs to pass.
- **CONTACT US IF:**
 - You have excessive bleeding—this means soaking 4 maxi-pads in 2 hours and/or passing large clots (greater than the size of a lemon).
 - You experience severe pain that is not reduced by rest, pain medication, heating pad, or uterine massage
 - You experience a fever greater than 100.4F
 - If you experience the symptoms of an allergic reaction: rash and/or difficulty breathing.
- **DURING YOUR RECOVERY** – During the next two weeks, get adequate rest and drink plenty of fluids. If you find that heavy lifting or strenuous activity cause you to have more cramping and bleeding, decrease your activity for a few days. It is safe to take a bath immediately after the procedure. You may resume sexual activity (including penetration) whenever you feel physically and emotionally ready.
- **TENDER BREASTS** – Some people experience breast engorgement/swelling. If your breasts are painful and/or leaking, bind them tightly with a snug bra, a folded towel secured with safety pins, or a 7” ace bandage. Ice may be used (for 10 minutes every half hour). Nipple or breast stimulation, such as hot water from a shower or sexual activity, should be avoided as your breasts may be sensitive and the stimulation may induce lactation. If your pregnancy was greater than 18 weeks gestation, we may have offered you a medication called cabergoline that reduces the pain and swelling from milk production.
- **BECOMING PREGNANT AGAIN** – You may become pregnant soon after an abortion, because the return of your ovulation and regular cycle can happen at any time. Having an abortion does not affect your chances of becoming pregnant in the future. If you do not wish to become pregnant, use birth control or barrier methods. You can begin (or resume) birth control the day after your procedure is completed. You can learn more about birth control options at www.birth-control-comparison.info.
- **EMOTIONS** – It is normal to experience a wide range of feelings and emotions (relief, sadness, etc.). You are not alone - one in four people who can be pregnant has an abortion. It may help to talk with someone you trust. You may call us during regular business hours for additional resources.

If you have any questions about these discharge instructions or any other concerns, please do not hesitate to contact us. A follow-up exam is not required after today’s procedure; however, we would be happy to see you at our clinic for an exam, pap smear, birth control, or other needs.

YOU MAY CONTACT THE CLINIC 24 HOURS A DAY

1-800-572-4223

Please call if you are experiencing symptoms
that you think may indicate a potential problem.

IF YOU HAVE RECEIVED SEDATION TODAY:

- You may feel drowsy or forgetful for several hours after discharged. If you feel dizzy, lie down with legs elevated for several minutes. Reflex or judgment may also be altered **for up to 24 hours**.

Until the next day:

- You should remain in the care of a responsible adult.
 - Do not drive or operate machinery.
 - Do not make any important decisions, purchases, or sign any contracts.
- **Nausea/vomiting** is a common side effect of sedation. Clear fluids and light meals should be considered for the first 24 hours, though you can eat anything you desire. If severe nausea or vomiting persists, please contact our office.
 - **IV injection site:** At the site of your IV you may develop a bruise or slight tenderness which should subside in a few days. These symptoms are usually of no concern and can be treated with a hot moist towel and elevation of the arm. If any swelling occurs or the symptoms increase, please contact our office.

ABOUT SOME OF THE MEDICATIONS YOU MAY BE TAKING:

Naproxen (Also known as Aleve) – Take 1 tablet (500mg) every 12 hours as needed for cramping. Do not exceed 2 tablets (1000 mg) in a 24 hour period. To prevent abdominal discomfort, take with food. Do not take ibuprofen (Advil) together with naproxen, because it is a very similar and it can cause heartburn or stomach pain.

Acetaminophen (Also known as Tylenol) – Take 1-2 tablets (500mg – 1000mg) every 8 hours as needed. Do not exceed 3000mg in a 24 hour period.

Ferrous Gluconate (Iron) – Take one tablet twice a day. Ferrous gluconate can cause constipation or stomach upset. Drink plenty of fluids to help reduce this effect. Taking this with foods rich in Vitamin C, such as orange juice, can improve absorption.