

ABORTION PROCEDURE AFTER-CARE

Today you had an abortion procedure. You will most likely feel fine when you go home. You can return to your normal activities as soon as you want. You can take a shower and wash your hair as soon as you want. You can eat normally, but you may still feel nauseated for a few days.

WHAT TO EXPECT

Vaginal Bleeding: You can expect to have bleeding for up to 2 weeks. It is common for the bleeding to stop and start for a few weeks after the abortion. Some people have no bleeding for 2 or 3 days and then begin to have bleeding like a period. Other people have only spotting for a few days and then no bleeding at all. You may notice that the bleeding increases when you exercise; this is not dangerous.

Cramping: You may have cramps off and on during the week following an abortion. You can use pain medication like Tylenol, Ibuprofen (Motrin or Advil), or Naproxen (Aleve or Nasprosyn). You can also use a heating pad or drink some warm tea.

Sadness or mood changes: You may feel relieved when the abortion is over. You may also feel sad or moody. These feelings are partly from the changes in hormones, now that you are no longer pregnant. Feeling moody at this time is normal. If you think your emotions are not what they should be, please talk to us.

When will your period come back? You can expect a period in 4 to 8 weeks. This varies.

You **should** call me if:

- Your bleeding soaks through more than 2 maxi pads per hour for more than 2 hours.
- Your cramps that are getting stronger and are not helped by pain medication.
- Your temperature is higher than 101 degrees (38.3 degrees Celcius).

To reach me:

Call my 24-hour number: _____. If you have any questions or think something is going wrong, call this number and I will call you back. It may take me 10 to 15 minutes to return your call. No question is too small. **Please feel free to call me.**

Follow Up:

You do not need to have a routine follow-up visit, but please call if you have any questions or concerns.

Birth Control:

If you want to use birth control pills, patch, or ring, I have given you a prescription. You should start these on _____, even if you are still bleeding. You can get pregnant as soon as 1 week after the procedure.