

MISCARRIAGE MANAGEMENT WITH AN ASPIRATION PROCEDURE

Today _____ you had a procedure called a “manual vacuum aspiration”. You can go back to your regular activities as soon as you want to. You can take a shower and wash your hair as soon as you want to. You can eat normally, although you may still feel nauseated for another few days.

Follow-up visit:

You have an appointment in 1 week, _____ at _____ am/pm.

Are there things you should not do?

Yes! Until you come back next week, do not put anything in your vagina. To be safe, do not use tampons, do not douche, and do not have sex.

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 several weeks after the procedure. Some women have no bleeding for 2 or 3 days and then begin to have bleeding like a period. Other women have only spotting for a few days and then no more bleeding at all. If you exercise or have a lot of activity, you may notice the bleeding increases; this is not dangerous.

Cramping:

Some women have cramps off and on during the week following a miscarriage. 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 very emotional:

Most women feel mixed emotions after the procedure. It often depends upon how much time you had to adjust to the news that the pregnancy failed. These up and down feelings are partly from the changes in hormones, now that you are no longer pregnant. Feeling emotional 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 4-8 weeks. It is not the same for all women.

WHAT ARE DANGER SIGNS?

Heavy bleeding:

If you are soaking through more than 2 maxi pads an hour for more than 2 hours.

Severe cramps:

Cramps that are getting stronger and are not helped by pain medication.

Fever:

If your temperature is higher than 101 degrees.

EMERGENCY CONTACT:

I have a 24-hour beeper:_____. If you have any questions, think something is going wrong, or think you have an emergency, page me and I will call you back. I know this may be a tough time for you, so if you forget something, or are worried, call me!

PREGNANCY PREVENTION:

Doctors give different timetables about how soon to try to get pregnant again. It probably is a good idea to wait a month or two.

Hormonal Birth Control:

If you want to use birth control pills, the ring, or the patch, I have given you a prescription. You should start this on Sunday _____, even if you are still bleeding.