

ASPIRATION PROCEDURE AFTERCARE

You had a procedure called a “manual vacuum aspiration” (MVA). You can go back to your regular activities as soon as you want to. You can take a shower as you want to. You can eat normally.

WHAT TO EXPECT

Vaginal Bleeding:

You may bleed for up to 2 weeks. The bleeding may stop and start. It may be as light or as heavy as a period. The bleeding may increase with exercise.

Cramping:

You may have cramps during the week after the procedure. You can use pain medication like acetaminophen (Tylenol), ibuprofen (Motrin or Advil), or naproxen (Aleve or Nasprosyn). You can also use a heating pad or drink some warm tea.

Emotions:

You may feel mixed emotions after the procedure. 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. This varies a lot and is hard to predict.

When should I call or return to my clinician?

- If the bleeding becomes heavy and you soak through more than 2 maxi pads per hour for more than 2 hours in a row.
- If you have severe cramps that do not get better with pain medication.
- If you feel dizzy or feel like you may “pass out”.
- If you have foul-smelling discharge, chills, or a fever over 101°F (38.3° C).
- If you have overwhelming feelings of sadness or grief.

If you develop any of the above warning signs, you can call this clinic at XXX-XXX-XXXX. Your clinician knows this may be a tough time for you and you have received a lot of instructions. So if you forget something or are worried, contact us.

Next Steps

You can get pregnant soon after the procedure. If you want to try to get pregnant, take a prenatal vitamin daily. If you are not ready to be pregnant, you can use birth control. Talk to your clinician about your options.