

Aftercare Information for a One-Day Abortion Procedure

The following information is for intended for patients of Hope Clinic following a one-day in-clinic abortion procedure. Please reference this information as needed throughout your recovery.

hopeclinic.com | (618) 451-5722 | info@hopeclinic.com

What to Expect

Vaginal Bleeding:

- Bleeding is expected to start and stop randomly for 2-4 weeks after an abortion procedure.
- The color of the blood can range from red to brown.
- We recommend wearing heavy protection or overnight menstrual pads for at least 48 hours after your procedure.
- As long as bleeding is not exceeding 2 menstrual pads in 1 hour, your bleeding is considered normal.
- For most people, a menstrual period returns in 4-6 weeks after an abortion.

Cramps/Pain:

- Can vary from mild to moderate; usually lasts for about 1 week after your procedure.
- Take pain medications as directed. Other ways you can relieve pain include using a heating pad, taking a shower, taking a hot bath, having someone rub your back, in general, you can do whatever you would normally do for period cramps.

What to Avoid

Sex, Tampons, and Douching:

- It is up to you to determine when you feel comfortable having sex again. Please avoid having sex until you feel ready to do so.
- Avoid using tampons for 48 hours after your procedure.
 - After 48 hours, you can use whatever products you feel most comfortable using.
- Do not douche for at least 2 weeks after this procedure.

Activities:

- Most people can return to their regular level of physical activity one day after their procedure. However, reduce any activity that increases your cramping and/or bleeding.
- If you received IV sedation, it is important that you do NOT drive for at least 24 hours after your procedure.

Medications

Pain Management:

- **Ibuprofen (Advil or Motrin) 600mg:** every 6 hours as needed for pain/cramping

Bleeding:

- Some patients will be discharged with additional medication to prevent bleeding, as needed.
 - **Misoprostol (200mcg):** one tablet under tongue every 3 hours until pills are gone.

Antibiotics:

- You received a 1-time preventative dose of antibiotic at your appointment. Unless directed otherwise by your provider, you do not need additional antibiotics.

Birth Control:

- You may start your preferred contraceptive method immediately. More information is available on our website.

WARNING SIGNS

The following could be signs of problems which could lead to severe health issues such as life-threatening hemorrhage or infection.

Please call the emergency number *immediately* if you have any of the following:

- **Heavy bleeding:** soaking through (from top to bottom/end to end) 2 heavy protection maxi-pads in one hour for more than an hour
- **Fever:** a temperature of 100.4 degrees or greater
- **Severe pain:** with NO relief from pain medications
- **Nausea/vomiting/diarrhea/dizziness/extreme fatigue or weakness**

Emergency Contact Number

(618) 346-3040

*The Hope Clinic doctors/nurses are available
24 hours a day, every day, for emergency calls.*

Follow-Up

A follow-up is an optional check-up after your procedure. If you feel something is not quite right, or even if you just want peace of mind, you can call to schedule a follow-up at Hope Clinic or with another healthcare provider. You can follow up even if you are still bleeding.

For some people, the decision to have an abortion is a really complicated one. For others, the decision is much easier. Whatever your circumstances, your reasons for needing an abortion are valid.

You deserve love, respect, and compassion.
No one knows your life and your needs as well as you do.
Trust yourself to make good decisions, you are more than capable of doing so.



From our experience as abortion providers, and from research, we know that most people find themselves feeling relieved after having an abortion. However, sometimes other feelings do come up.

If you need additional support after an abortion, please reach out to Hope Clinic. We are here for you.

You can also visit All Options at www.all-options.org to access a hotline where you can talk about your experiences with pregnancy, abortion, parenting, and/or adoption anonymously.

Interested in birth control or primary OB/GYN care?

Contact Hope Clinic at 618-451-5722 to see what options are available.

You can visit us online at <https://hopeclinic.com/patient-info/birth-control-information/> or scan the QR code for more information.



In St. Louis? You can also visit the Contraceptive Choice Center at <https://contraceptivechoice.wustl.edu/> or call 314-747-0800.

Not local? Visit www.opa-fpclinicdb.hhs.gov to find a family planning provider near you.



How was your visit?

We want to hear from you!

Please let us know confidentially at info@hopeclinic.com or publicly by leaving us a Google Review!