

# Aftercare Information for a Multi-Day Abortion Procedure

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

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## What to Expect

### Vaginal Bleeding:

- Bleeding is expected to start and stop randomly for 2-6 weeks after an abortion procedure.
  - We recommend wearing heavy protection or overnight menstrual pads for the next 2 weeks.
- As long as bleeding is not exceeding 2 menstrual pads in 1 hour, your bleeding is considered normal.
- The color of the blood can range from red to brown.
- 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 (see other side of this page). Other ways you can relieve pain include using a heating pad, taking a shower, taking a hot bath, having someone rub your back, rubbing your lower abdomen, in general, you can do whatever you would normally do for period cramps.

### Breast Issues:

- You may experience breast fullness, tenderness, and/or leakage of milk or clear fluid. Wear a tight-fitting bra all day and night until leaking/tenderness has improved. You may hold ice packs on your breasts if they are uncomfortable.
- Avoid any nipple stimulation while you are experiencing discomfort.

## What to Avoid

### Sex, Tampons, and Douching:

- Avoid having sex, avoid using tampons, and avoid in general putting anything in your vagina for the next 2 weeks.
  - After 2 weeks, you can use whatever products you feel most comfortable using for bleeding.
- Do not douche for at least 2 weeks after this procedure.

### Activities:

- Avoid hot tubs, jacuzzis, swimming pools, or lake/river/ocean swimming for 2 weeks.
- No aerobic exercise, jogging, swimming, etc. for at least 1 week after your procedure, as this type of exercise can increase bleeding. Reduce any activity that increases your cramping and/or bleeding, or makes you feel tired.
- You may return to work 48 hours after your procedure, but you must be on "light duty" for 1 week. If you need a work excuse, please contact Hope Clinic.
- You received IV sedation. It is important that you do NOT drive for at least 24 hours after your procedure.

## 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 for more than 4 hours, anytime in the next 4 weeks.
- **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.*

# Medications

## Pain Management:

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

## 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 preventative doses of antibiotic at your appointments. 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.
  - <https://hopeclinic.com/patient-info/birth-control-information.html>

# 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.

If you are planning to get a follow-up, the best time to do so is in the next 7 to 14 days!

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](http://www.all-options.org) to access a hotline where you can talk about your experiences with pregnancy, abortion, parenting, and/or adoption anonymously.



## How was your visit?

We want to hear from you!

Please let us know confidentially at [info@hopeclinic.com](mailto:info@hopeclinic.com) or publicly by leaving us a Google Review!