

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. (Version 11-2022)

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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:

- 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.

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 super maxi pads in an hour for 2 or more hours
- **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.

General Resources

The following is a list of resources we provide to everyone just in case they may be beneficial to you or to a loved one.

24-Hour Support:

- [Behavioral Health Response Hotline](#): 1-800-811-4760
- Crisis Text Line: Text HOME to 741-741
- [Suicide & Crisis Lifeline](#): Dial 988
- Addiction Treatment & Referral: 1-800-662-4357

Abuse & Violence Crisis Lines:

- [RAINN Hotline](#): 800-656-4673. [RAINN.org](#)
- [National Domestic Violence Hotline](#): 800-799-7233.
- [National Human Trafficking Hotline](#): 1-800-373-7888.

Additional Resources:

- All-Options Talkline: 1-888-493-0092 or visit [All-Options.org](#) for pregnancy options counseling & support.
- Scarleteen: Visit [www.scarleteen.com](#) for sexual health information.
- United Way: Dial 211 for information about a variety of local community resources.

Interested in primary care, birth control, or sexual health care?

Explore Your Birth Control Options: You can visit us online at bit.ly/hcwbcoptions or scan the QR code.

Primary Care: Find a Federally Qualified Health Center near you by visiting findahealthcenter.hrsa.gov

Sexual & Reproductive Health Care Providers:

- Planned Parenthood is a trusted source for sexual and reproductive health information. Visit PlannedParenthood.org to find a health center near you.
- Local? The Contraceptive Choice Center is a great place for care. Call 314-747-0800 or visit contraceptivechoice.wustl.edu
- Not local? Visit bit.ly/FindMyClinic or 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.