

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. (Version 11-2022)

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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:

- 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.

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 be able to return to work within a few days of your procedure depending on your job duties.
- 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 super maxi pads in an hour for 2 or more hours
- **Fever:** a temperature of 100.4 degrees or greater 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.*

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!

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.

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.