

Information for Patients after Aspiration Abortion

Today _____ you had a procedure called an aspiration (or suction) abortion. **The abortion is complete and you are no longer pregnant.** You will probably feel fine when you go home. Abortion is very safe. It is safe to do your regular activities as soon as you want to. You can take a shower or bath as soon as you want to. You can have sex whenever you feel ready. You can eat normally, although you may still feel nauseated for another few days because of pregnancy hormones.

What to expect:

Vaginal Bleeding: Most women have as much bleeding as a period (or less) for a few days after the abortion. It is common for the bleeding to stop and start for several weeks after the abortion. Some women have no bleeding for 2 or 3 days and then begin to have as much bleeding as a period. Other women have only spotting for a few days and then no more bleeding at all. You may notice increased bleeding with exercise and other activities; this is normal and you don't need to worry. You can use tampons or pads whichever you prefer.

Cramping: Some women have cramps off and on during the week following an abortion. This is because the uterus is getting smaller, and you don't need to worry. You can use pain medication such as acetaminophen (Tylenol®), ibuprofen (Motrin® or Advil®), or naproxen (Aleve® or Nasprosyn). You can also use a heating pad, or drink some warm tea or soup, to alleviate cramps.

Your emotions: Most women feel very relieved when the abortion is over. Some women also feel sad. These feelings may come from changes in hormones, now that you are no longer pregnant. Feeling emotional at this time is normal.

Urine pregnancy test: There is no need to do a urine pregnancy test, because we have confirmed you are no longer pregnant. A pregnancy test may stay positive for a couple of weeks after the abortion.

When will your period come back? It is not the same for all women. Most people get their period in 4-8 weeks.

If you have questions or concerns:

You can call the 24-hour phone any time: _____; leave a message with your number and a doctor will call you back. Call us if:

- ✓ You are soaking more than 4 maxi pads in 2 hours
- ✓ Your pain isn't better after using the medicines
- ✓ You are worried or scared
- ✓ You have heard different information from somewhere else
- ✓ You think something is going wrong or you think you have an emergency

(Please try again if your call does not go through the first time, or if we don't call you back within a half hour.)

Follow-up:

Abortion is safe and most people do not need a follow-up appointment. We are always happy to see you if you have questions or concerns.

If you have chosen contraception today, you can start using the method right away, even if you are bleeding.