

## **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, and it will be safe to resume 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. If you have chosen contraception today, you can start using the method right away, even if you are bleeding. You can eat normally, although you may still feel nauseated for another few days due to pregnancy hormones.

### **What to expect:**

**Vaginal Bleeding:** It is common for the bleeding to stop and start for several weeks after the abortion. Most patients experience as much bleeding as they have with a period, but it is also normal to have no bleeding, spotting, or occasional episodes of heavy bleeding with cramping or clots. You may notice increased bleeding with exercise and other activities; this is normal and not a cause for concern. You can use tampons or pads, whichever you prefer.

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

**Emotions:** Most patients feel relieved when the abortion is over. Some patients also feel sad. Feeling emotional during 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 up to five weeks after the abortion.

**When will your period come back?** It is not the same for all patients. Most people get their period again 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 clinician will call you back. Please call us if any of the following apply:

- ☐ You are soaking more than 4 maxi pads in 2 hours
- ☐ Your pain is not better after using the medicines
- ☐ You are worried or scared about your symptoms
- ☐ You have heard different information elsewhere and have concerns
- ☐ You think something is going wrong or that you are experiencing an emergency

(Please try again if you don't reach anyone the first time or if we do not 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.