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www.wehealthclinic.org

Home Care Instructions:

In-Clinic Suction Abortion

How much bleeding will I have?

You will bleed according to your own healing rate. You might have no bleeding, light flow for a few hours or a few days, flow like a normal period for a few hours or days, light spotting for 2-6 weeks, flow that stops and starts possibly several times between now and your next period, passing clots (50 cent piece size or smaller is normal), or a dark colored discharge.

How will I know if I am bleeding too much?

If you soak 2 regular sized maxi pads within one hour or are passing large clots (bigger than a 50 cent piece) for longer than 1 hour **CALL WE Health Clinic (WHC): 218-727-3352**. We can help determine if the bleeding is normal or if a medication and/or an appointment is needed.

When will I have my next normal period?

Usually 4-8 weeks after the abortion. Your period may begin at a different time of the month and may be heavier or lighter than your previous periods.

How much pain and cramping will I have?

You may experience mild to moderate cramping for up to 2 weeks after the abortion. Ibuprofen, a hot bath, a heating pad and/or massaging your uterus will usually help. **Please try these methods before calling WHC.**

What if my cramps are severe?

CALL US!! This may indicate that clots have formed in the uterus. Usually the clots will pass within a few hours and your cramps will stop. If the cramping continues, you may need to see a doctor.

Do I need to take my temperature daily?

No. However, a fever and/or chills can indicate an infection. If your temp is over 100°F or if you have chills, **CALL WHC**. We can help determine if this is normal or if a medication (antibiotic) and/or an appointment is needed.

Should I go to the emergency room if I am bleeding a lot or have a fever?

PLEASE CALL WHC FIRST. We are on call 24/7 and may be able to help you over the phone.

What can I do to prevent an infection?

DO NOT PUT ANYTHING IN YOUR VAGINA FOR ONE (1) WEEK.

This includes sex, tampons, and douching. Do not use a hot tub for one (1) week.

When can I take a tub bath?

Right away. It may help you to relax and to relieve cramping. Do not use bubble bath/oil for one (1) week following the abortion.

When will the pregnancy symptoms go away?

Nausea and vomiting usually start to go away within 24-48 hours. **Breast tenderness** and fatigue can take up to one week to resolve. You may produce a small amount of milk. This should also resolve. You should not feel pregnant in one to two weeks. Call the clinic if your pregnancy symptoms persist.

When can I go back to work or school?

Many people like to take the remainder of the day to rest but usually can return to their normal activities the following day. If you need a work or school note for today, please request one.

Can I go back to exercising?

Gradually return to your normal exercise activities over the next week. If you have heavy bleeding or cramping with activity then rest; if no improvement, call us.

PLEASE CALL WE Health Clinic IF YOU HAVE:

WE Health Clinic is open Monday-Friday | 9:00 am-4:00 pm | 218-727-3352

After-hours and/or weekends: Call WE Health Clinic at 218-727-3352

—you will be connected with our after-hours answering service and on-call staff.

1) Fever over 100°F. 2) Soaking more than two (2) maxi pads in one (1) hour. 3) Severe cramping not relieved by 4 (200 mg) Ibuprofen, uterine massage, heating pad and/or a warm bath. 4) Passed blood clots larger than a 50 cent piece for several hours. 5) No menstrual period 8 weeks after the abortion. 6) Pregnancy symptoms that continue. 7) Foul smelling vaginal discharge.

When You Do Call the WE Health Clinic, Please Know:

1) Your temperature within the last hour. 2) The number of pads you've used during the last hour and/or the size of clots you are passing. 3) The pharmacy (days/hours of operation and phone number) you would use if needed.

Other Information:

- 1) Follow-up appointments are offered FREE of charge at WHC. If you would like a follow-up appointment, please schedule an appointment on your way out or call.
- 2) If you would like to follow-up with your own physician, please complete a release of information prior to leaving WHC. We can also provide you with a follow-up letter to bring to your appointment.
- 3) If antibiotics were given to you today, take all of them. If you develop a rash, call WHC.
- 4) REMEMBER!!!! **You can get pregnant at any time after your abortion if you have unprotected sex!**
- 5) PLEASE CALL WHC IF YOU HAVE QUESTIONS OR CONCERNS.

MEDICATIONS:

- 1) Ibuprofen: Take for cramping or pain. Take four (4) 200 mg tablets by mouth every 8 hours as needed.
- 2) Metronidazole: This antibiotic was given to you prior to your abortion today to prevent infection. You do not need to take anything else, unless prescribed by the physician. **DO NOT CONSUME ANY ALCOHOL FOR 24 HOURS AFTER TAKING MEDICATION!!**