



(218) 727-3352

Home Care Instructions: Suction Abortion

How much bleeding will I have?

You might have no bleeding, minimal spotting, light flow, flow like a normal period or heavier in the week after the abortion. Heaviest bleeding can last up to a week. Passing clots is normal. Dark discharge is normal. Bleeding and spotting can start and stop for up to 4 weeks.

How will I know if I am bleeding too much?

If you soak more than two regular sized maxi pads per hour for two hours straight (four maxi pads total) or are passing clots larger than a lemon for longer than one hour, or if you are feeling faint or lightheaded, please call WE Health Clinic. We can help determine if the bleeding is normal or if additional medication 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. Take four 200 mg ibuprofen tablets (800 mg total) every 8 hours for pain and if needed add acetaminophen (Tylenol) 1000 mg every 8 hours. A warm tub bath, a heating pad and massaging your uterus can also help. Please try these methods before calling We Health Clinic.

What if my cramps are severe?

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.

What can I do to prevent an infection?

Do not put anything in your vagina for one week. This includes sex, tampons, and menstrual cups. Exception: if you are using Nuva Ring for birth control you can place it any time in the first week.

Should I go to the emergency room with excessive bleeding or fever?

Call WE Health Clinic and we can help determine whether you need to seek care. We are on call 24/7.

When can I take a tub bath?

Right away. It may help you to relax and to relieve cramping.

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.

*****Please know where your nearest emergency room is*****



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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.

When can I go back to exercising and my usual activities?

Usually the next day. If exercise or strenuous activity (lifting, bending, stooping) significantly increase bleeding and cramping, reduce that activity for 24 hours and start back gradually.

Reasons to call WE Health Clinic:

- A temperature over 100°F
- Two soaked maxi pads per hour for two hours straight (four maxi pads total)
- Pain or cramping not relieved by ibuprofen, uterine massage, heating pad, or warm tub bath
- Blood clots larger than a lemon for over an hour
- Dizziness, feeling lightheaded or faint
- No menstrual period 8 weeks after the abortion
- Pregnancy symptoms that continue
- Foul smelling vaginal discharge
- Any questions or concerns

WE Health Clinic hours are Monday – Friday, 9:00 a.m. to 4:00 p.m. You can still call the clinic number after hours and on the weekend. The after-hours answering service will connect you with on-call staff.

When calling WE Health Clinic, please know:

- Your temperature within the last hour
- The number of pads you've used during the last hour and the size of clots you are passing
- The pharmacy (hours of operation and phone number) you would use if needed

What feelings do people have after abortion?

Having a wide range of feelings is normal. Most people feel relieved and do not regret their decision. Others may feel sad, guilty, or regret after an abortion just as they may after having a baby. If your mood keeps you from doing the things you usually do each day, call us. We can help or refer you to someone who can.

Birth Control:

You can get pregnant right after your abortion if you have unprotected sex. If you are starting the birth control pill, patch, or ring – start the first dose today or this Sunday. Condoms should be used as a backup method for 7 days when starting birth control.

*****Please know where your nearest emergency room is*****