

Due to Covid conditions we are not seeing patients for in person follow ups. Medical Staff will call to ask you a series of questions 2 days post procedure and again the following day if you do not answer. When returning this call to the clinic tell the phone counselor you are “returning a follow up call”. Complications from a surgical abortion at any gestation are very rare. The information provided here should answer any questions once you get home. If your concerns are not addressed on this form, call the clinic. Be prepared to provide: date of service, weeks at termination, a pharmacy #, and your temperature. Phone counselors will triage your information for medical staff. Unless the situation requires immediate attention, calls are returned Tuesday-Friday after 3pm and Saturday after 12pm.

**DO NOT TAKE A PREGNANCY TEST SOONER THAN 4 WEEKS POST PROCEDURE. YOUR BODY TAKES THAT LONG (YES IT DOES!) TO CLEAR PREGNANCY HORMONES AFTER AN ABORTION.**

**BLEEDING:** Refer to the pad/bleeding diagram provided in your take home bag. The definition of what is normal bleeding after this procedure is broad. Your uterus will decide how much and when it will bleed. Everything from zero bleeding to clots as large as a lime is **NORMAL**. **MOST** surgical patients will experience heavier bleeding 3-5 days post procedure. Call the clinic immediately if you soak though 2 pads in an hour.

**CRAMPING:** *IS VERY NORMAL AND CAN VARY DEPENDING ON YOUR PAIN TOLERANCE.* Take the pain medication provided, perform uterine massage and remind yourself this cramping is **GOOD**.. your uterus is working hard to shrink back to its normal size. Do not take aspirin. Call us if the cramps are at an 8 or higher on a scale of 1-10 and accompanied by fist sized blood clots.

**PATIENTS GIVEN SEDATION DURING THE PROCEDURE:** do not make major decisions, drive or operate heavy machinery for 24 hours following your procedure.

**SHOWERING, BATHING AND EVEN SWIMMING ARE 100% OKAY AFTER YOUR ABORTION! SEX: IS ALSO 100% OKAY...HOWEVER IF YOU STARTED A BIRTH CONTROL PILL YOU ARE NOT PROTECTED UNTIL AFTER THE SECOND PILL PACK...USE A CONDOM. (if you oops, call us for Morning After Pill information)**

**YOUR NEXT PERIOD:** SHOULD HAPPEN WITHIN 4-6 (POSSIBLY 8) WEEKS AND MAY NOT BE YOUR USUAL NORMAL. IF YOU OPTED FOR A BIRTH CONTROL PILL AND HAVE TAKEN IT PROPERLY, EXPECT A NORMAL PERIOD AT THE END OF YOUR SECOND PILL PACK.

**MEDICATIONS IN YOUR TAKE HOME BAG:** Vary by gestation at termination and the Doctor providing your abortion. Be aware, you were given an antibiotic pre-procedure by the RN, you will not have one in your bag. Everyone gets Ibuprofen 800 to take as directed for pain. If you have Misoprostol this will encourage your uterus to contract and prevent heavy bleeding, take as directed.

Patients who took Misoprostol **BEFORE** their procedure: If you experience abdominal pain, diarrhea, nausea or weakness, call the clinic. Lastly, pregnancy symptoms should go away within 72 hours, if you experience foul vaginal odor, fever or continued pregnancy symptoms call the clinic to arrange an evaluation. (updated 01/21/21)