

At-Home Recovery Tips

Hospital Emergency Department Visits: The need to visit a hospital emergency department after an abortion at Women's Center of Flint and Saginaw is rare. Most concerns or complications can be handled at our clinic, and always at no additional fee. You may return to Women's Center of Flint and Saginaw on any clinic day to address post-abortion concerns. We ask that you walk in by 10:00 AM, Tuesday through Saturday. You do not need to schedule an appointment.

Clinic Check Before Your Scheduled 2 Week Follow-Up: Return to the clinic before your scheduled two-week checkup if any of the following occur.

- The signs and symptoms of pregnancy are still present (we'll discuss this more below).
- You develop a fever, chills or sweats.
- You notice any vaginal odor.
- You need to talk to a counselor regarding any issues your procedure has raised.

An Important Note: Any signs or symptoms of pregnancy that you had prior to your abortion should go away in the first 72 hours after your procedure. If you still "feel pregnant," or pregnancy symptoms like nausea, fatigue or morning sickness/vomiting are not gone by 72 hours, call or return to Women's Center of Flint and Saginaw. You may walk in, as noted in the previous paragraph, by 10:00 AM, Tuesday through Saturday, without scheduling an appointment.

Specific Recovery Tips:

- **Pain Management-** You were given a prescription for ibuprofen. Usually, this medication is very effective at relieving abdominal pain and cramps. If additional medication is needed, you may try alternating 1000 mg of acetaminophen/Tylenol with the ibuprofen.
- **For Heavier Bleeding-** rest with your feet elevated. Perform a uterine massage as instructed by the clinic staff. **The most common time for increased bleeding, clots and cramps after an abortion are days 3 through 7 of recovery. As your hormones return to their pre-pregnancy levels, the uterus cramps to return to the pre-pregnant size. This is the reason for recommending the uterine massage and pain management techniques listed above.**
- **For Abdominal Cramps-** using warm or cold packs on the pelvic area can help with abdominal cramps. Begin with warmth and assess the effect. You may try changing to cold packs if you don't find the warm applications effective enough.
- Make sure you keep your fluid intake up to help with maintaining bowel regularity.

Call If: You may call us if any of the following occur. There is someone available 24 hours a day for emergencies.

- Profuse, watery bleeding is concerning, and you should call the clinic to advise us if you experience this.
- Call us, also, if you have cramps that aren't controlled using the above regimens.
- We have included a bleeding chart on the last page of this handout. Refer to it for guidance and call us if you experience excessive bleeding.

Self-Care: It is very important during recovery to take care of yourself.

- Drink lots of fluids, massage your uterus, and use the pain meds as directed, when needed.
- Remember, it's good to cry if you need it!
- Buy a box of Kleenex, some chocolate, and watch a sad movie if you need to cry.