

ASPIRATION ABORTION AFTERCARE INSTRUCTIONS

HealthQuarters Clinic Telephone: 978-922-4490

You had your procedure on: ____ / ____ / ____

Uterine aspiration, like other surgical procedures, does have a risk of side effects or complications. Although these complications are rare, it is important that you know what to expect and what to do. Please keep this instruction sheet so that you may use it as a reference.

If you have any problems or questions, please call the clinic at: 978-922-4490. If the clinic is closed, and your call is not an emergency, your call will be forwarded to a nurse on call 24/7 who can answer any questions you might have.

If you cannot reach a clinician at this number, and it is an emergency, please go to your closest Hospital Emergency Room:

Beverly Clinic:

Beverly Hospital
85 Herrick St
Beverly, MA 01915
978-922-3000

Lawrence Clinic:

Lawrence General Hospital
1 General St
Lawrence, MA 01841
978-922-4000

Haverhill Clinic:

Anna Jacques Hospital
25 Highland Avenue
Newburyport, MA 01950
978-463-1000

INFECTION Infection is an uncommon complication, occurring in less than 1 patient in 100. It is usually associated with fever (100.4°F or higher), and sometimes with abdominal cramps, and foul smelling discharge. It can nearly always be treated simply and effectively with antibiotics.

BLEEDING Excessive bleeding is very uncommon. The normal amount of bleeding will vary from woman to woman. Some may have very little bleeding or no bleeding at all. Most commonly, women begin bleeding the day of procedure, bleed for 5 to 7 days, then spot for a week. Some women can have spotting for as long as 2 weeks. You may pass clots and bleeding

may seem to increase when you get up suddenly or go to the toilet.

Do not be alarmed or frightened if you pass any clots. This is normal after having a uterine aspiration. Many women pass clots with their periods every month. If the amount of bleeding increases so that you are soaking one maxi-pad an hour for two hours in a row or passing clots larger than a lemon, call the clinic.

CRAMPING You will probably experience cramping for a few days that is similar to cramping with a menstrual period. Cramping is usually caused by clots in the uterus and as soon as these clots are expelled, the cramping stops. You should be able to obtain relief by taking Advil, Aleve, or any generic brand of ibuprofen and by using a heating pad or hot water bottle. You can use Aleve or any generic brand of Naproxen if you prefer. You may use Extra Strength Tylenol if you are allergic to ibuprofen or naproxen. If the cramping is severe or prolonged, and you are not getting relief from any of these methods, call the clinic.

GENERAL INFORMATION

Pad/Tampon Use Pads should be used for the first few days after your procedure. The rate of bleeding can be observed more easily when pads are used. Tampons can be used once the bleeding has slowed down and you are only spotting.

Return of periods Your first period should occur in 4-6 weeks. If you feel pregnant or do not have a period after 6 weeks, call the office. If you are using hormonal contraception (pills, patch, ring, IUD, Depo-Provera, or Nexplanon), your first period can vary depending on method; discuss what to expect with the clinician.

Intercourse You should not have sexual intercourse until you feel ready. This may mean a few days for some women or several weeks for others. This is up to you. You can get pregnant as soon as 7 days after your abortion, so you should use the contraceptive method that you discussed with the clinician.

Activity You may resume normal activity immediately. Sometimes, with strenuous activity (like heavy lifting and bending), your bleeding may increase. This doesn't happen for everyone. If you notice that your bleeding increases with strenuous activity, then avoid these activities for two days.

Bathing You may bathe in a shower or tub at any time. Do not douche.

Sore breasts If your breasts were sore before the abortion, the soreness will usually go away within a week. To feel more comfortable, limit any stimulation to the breast until the soreness goes away and wear a tight-fitting bra or sports bra. Only women who have abortions later in pregnancy (after 16 weeks) will sometimes get breast milk after the abortion. Do not express the milk.