

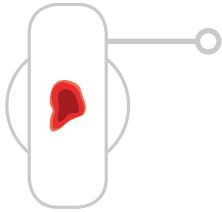
# Surgical Abortion Quick Reference

1

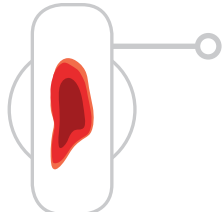
You may experience bleeding and cramping following your procedure and this is normal.

2

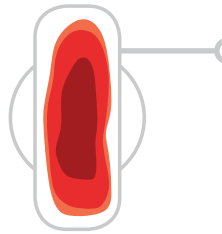
## Bleeding



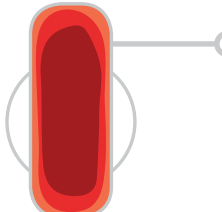
**Scant amount**  
Less than 1" of blood on the maxi pad or tissue when wiped within one hour



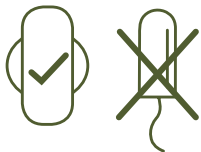
**Small amount**  
Less than 4" of blood on the maxi pad within one hour



**Moderate amount**  
Less than 6" of blood on the maxi pad within one hour



**Large amount**  
Maxi pad saturated with blood within one hour



Use only pads, not tampons or Diva Cups



Call the clinic if excessive bleeding: large amount on 3 pads in 1 hr or 1 pad every hr for 3 hrs

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## Cramping



Cramps can come and go for 1-3 weeks and can be severe



Take pain medication, like ibuprofen and acetaminophen



Place a heating pad or hot water bottle on your lower abdomen



Uterine massage is very helpful



Call the clinic if you have questions

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## Activity



- Do not drive for 24 hours
- Return to normal activity as tolerated after 24 hours

5

## Temperature



- Use a thermometer to take your temperature
- Call the clinic or emergency line if your temperature is higher than 38C

6

## Birthcontrol



- All methods of birthcontrol can be started immediately following your procedure
- IUD's and Nexplanon implant can be inserted at the clinic

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## Call the Clinic or Seek Urgent Care

- Temperature higher than 38C
- Excessive bleeding: large amount on 3 pads in 1 hr or 1 pad every hr for 3 hrs
- Severe abdominal pain not relieved by medication



Clinic Hours:  
Monday to Friday / 8:30 am - 4:30 pm

Phone: 780 484 1124  
Emergency Line: 780 940 1271

# POST-OPERATIVE INSTRUCTIONS

## Woman's Health Options

12409-109A Ave Edmonton, AB

**Phone: 780-484-1124 / Medical Assistance Line: 780-940-1271**

[www.whol.ca](http://www.whol.ca)

**Discharge:** we advise you are to be accompanied by an adult upon discharge.

**Bleeding:** you may experience heavy to no bleeding at all, for up to 4 weeks. Often between days 4-6 post- op you may pass blackish clots and have increased cramping. Call us if you are soaking 3 maxi pads in 1 hour or 1 pad every hour for 3 hours.

### **Cramping:**

- You may experience cramping for up to 4 weeks and it can at times be painful. We recommend taking pain medications Ibuprofen or Tylenol as you need.
- Uterine massage can also help relieve cramps. This is done by rubbing and pressing down on your lower abdomen above your pubic bone. Do not massage if you have an **IUD**.
- Hot water bottle or heating pad placed on your abdomen may also help.
- If cramping persists and becomes severe, please call us.

**Infection:** Do not put anything into your vagina for 7 days (e.g. intercourse, tampons, fingers, douching) We also recommend no swimming, hot tubs or baths for 7 days. Having a shower is ok.

### **Please call the Medical Assistance Line if any of the following occur:**

- Temperature is more than 38°C for more than 6 hours
- Excessive bleeding ie: soaking through 3 maxi pads in hour or 1 pad every hour for 3 hours
- Severe abdominal pain unlike cramps or not relieved by Ibuprofen or Tylenol.

**Medical Assistance Line (after hours & weekends): 780-940-1271**

**Monday to Friday (8:30am to 4:30pm): 780-484-1124**

\*Please call us first with questions or concerns so we can ensure you received appropriate medical care. If you receive any hospital care as a result of this procedure within next 10 days, please notify Woman's Health Options.

## **GENERAL INFORMATION**

**Do not drive for 24 hours, operate hazardous equipment, or engage in activities requiring mental alertness due to mental impairment caused by medications you received.**

- Signs and symptoms of pregnancy should disappear within 7 days (i.e. breast tenderness, fatigue, nausea/ vomiting).
- Regular activities can be resumed after 24 hours strenuous activity and heavy lifting may increase your bleeding and cramping.
- If you have had any testing done (e.g. Pap, STI) you will only be contacted if you have a positive result- "no news is good news".
- You can expect your next period in 4 to 8 weeks, if no period do a pregnancy test and call the clinic if positive.

### **Birth Control:**

It is important to understand that fertility resumes immediately. If you want to start birth control:

- **IUD:** Can be inserted at the time of procedure or anytime 2 weeks post procedure.
- **Pill, Patch, NuvaRing & DepoProvera:** Can be started immediately, however not effective for 1<sup>st</sup> month. Use condoms.
- **Nexplanon:** Can be inserted at time of procedure or anytime after.