

Surgical Abortion Quick Reference

1

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

2

Bleeding



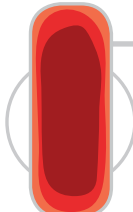
Scant amount
Less than 1" of blood on the maxi pad or tissue when wiped within one hour



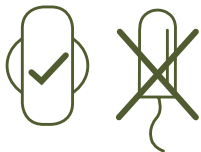
Small amount
Less than 4" of blood on the maxi pad within one hour



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

3

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

4

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



POST-OPERATIVE INSTRUCTIONS

Woman's Health Options

12409-109A Ave Edmonton, AB

Phone: 780-484-1124

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 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.

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 1st month. Use condoms.
- **Nexplanon:** Can be inserted at time of procedure or anytime after.