

## **INSTRUCTIONS FOLLOWING AN ABORTION**

### **\*Please be aware that your pregnancy test will be positive for 2-3 weeks following any pregnancy (termination, miscarriage or delivery) \***

- If you have been given medication for anxiety relief & pain relief today at A-Z Women's Center : **Do not drive, work or make any important decisions for the rest of the day.**
- ✓ Take the antibiotic (doxycycline) every 12 hours until all the pills have been taken **STARTING THE EVENING OF YOUR PROCEDURE**. This will help prevent infection. To avoid stomach upset, it is best to take the antibiotic with some food. If you think you have a fever, **CHECK YOUR TEMPERATURE WITH A THERMOMETER**. If you are over 100.4°, take Tylenol, Advil or Nuprin and recheck your temperature in 2-4 hours. If you are still over 100.4°, call us during normal business hours. If you are over 102°, call right away.
- ✓ If you are going to use **birth control pills, you should start taking them the first Sunday following the abortion**. They will be effective by the time you resume sexual intercourse (2 weeks) if you take one every day as instructed. They are best taken at bedtime to avoid nausea.
- ✓ A 3-week follow-up exam is usually **NOT NECESSARY** as long as you are feeling well and have no fever. If you want a follow-up exam, you may have one **AT NO COST** between **3-6 weeks** after the abortion. **If you request a PAP SMEAR at that time, the total cost (including lab fees) will be \$50.00.** With this complete annual exam you will receive another package of birth control pills as well as a prescription for a year. **If you choose to have your annual exam after 6 weeks, you will be charged the full price of \$150.00.**
- Because of the risk of infection, you should avoid the following for 2 weeks:
  1. sexual intercourse
  2. douching
  3. inserting anything into the vagina, including tampons
  4. tub bathing or swimming
- You should avoid heavy lifting or strenuous exercise for 1 week.
- Vaginal bleeding usually subsides and stops within **2 weeks**, but it is not necessarily abnormal to have some bleeding for up to **3 weeks**. However, you should call us for medical advice or see a physician **if you must change pads more frequently than 2 per hour**. In some cases, there is little or no bleeding following an abortion; this is not necessarily abnormal. **Brownish discharge** may also occur off and on while your body is healing. **PASSING BLOOD CLOTS IS NORMAL.**
- You should have your next menstrual period within 4-6 weeks following the abortion.
- You may take Advil, Motrin or Nuprin (ibuprofen) if you have cramping. Take 3 pills (200 mg each) at a time every 4-6 hours. Instead, you may use Aleve (naproxen) or Orudis (ketoprofen) according to the package instructions. **DO NOT TAKE ASPIRIN** or any medication that contains Aspirin because it may cause excessive bleeding. Tylenol is usually **NOT** effective for cramping.
- If you are **NOT** going to use birth control pills, you should start using some other form of contraception as soon as you resume intercourse. This precaution is necessary because ovulation occurs before your next menstrual period. Consequently, unprotected intercourse at any time following the abortion may result in pregnancy.
- Depo-Provera birth control shots are available every three months for \$70.00 per shot.
- If you have a problem or question **AFTER HOURS**, call A-Z Women's Center at **(702) 892-0307**. If possible, wait until normal office hours (Mon – Sat 8:00 – 5:00). **CALL AFTER HOURS FOR EMERGENCIES ONLY**. We **STRONGLY** recommend that you **call us before going to the ER (Emergency Room)**. The ER usually makes you wait for hours, charges a **lot of money** (that **YOU** will have to pay), and then don't **fix** the problem. They often run many tests and then tell you to call us. We usually can treat you better in our office in **MUCH** less time and at **no cost**.