

INSTRUCTIONS FOLLOWING AN ABORTION

Please be aware that your pregnancy test may be positive up to 6 weeks following any pregnancy (termination, miscarriage or delivery)

MEDICATIONS

- If you have been given IV medication for anxiety & pain relief today, we strongly recommend that you do not drive or make any important decisions for the rest of the day.
- If you think you have a fever, CHECK YOUR TEMPERATURE WITH A THERMOMETER. If you are over 100.4°, call us right away.
- You may take Advil or Motrin (ibuprofen) if you have cramping. Take 3 pills (200 mg each) at one time every 6 hours. Instead, you may use Aleve (naproxen) or Orudis (ketoprofen) according to the package instructions.

BIRTH CONTROL

- If you are going to use birth control pills, you may start taking them the first Sunday following the abortion. They will be effective by the time you resume sexual intercourse (in 2 weeks) if you take one every day as instructed. “The Shot” (Depo) is available every three months. You can receive this the day of your procedure or at your follow up exam.

FOLLOW UP APPOINTMENT

- A follow-up exam is usually not necessary if you are feeling well and have no concerns. If you want a follow-up exam, you may have one at no additional cost 2 - 4 weeks after the abortion.

BLEEDING/PERIODS

- Vaginal bleeding usually subsides and stops within 2 weeks, but it is not necessarily abnormal to have some bleeding for up to 8 weeks. However, you should call us 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 MAY BE COMPLETELY NORMAL.
- You should have your next menstrual period within 4-8 weeks following the abortion.

OTHER INFORMATION

- 1) If you received IV pain and anxiety medication, you should not drive or make important decisions for the rest of the day.
- 2) Some nausea and vomiting can be normal. If you are unable to keep anything down for more than 8 hours, please call us.
- 3) It is normal to be very emotional afterwards sometimes. This is totally healthy.
- 4) Any prescriptions should be taken to the pharmacy to get filled. You will purchase the medication at the pharmacy. You may use health insurance to get these medications.
- 5) You may use a heating pad at times. They are not expensive, and they work as good as a pain pill.

If you have a problems or urgent question after hours, call us at (702)892-0660.

We **STRONGLY** recommend that you call us before going to the ER (Emergency Room). We usually can treat you in our office in less time and at no cost.