



Family Planning Associates
M e d i c a l G r o u p

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602.553.0440

Post-Procedure Instructions

If you had a one day procedure, you were probably sent home with a tampon in your vagina. Please be sure to remove the tampon when you get home. After that, you may use tampons or pads as you prefer.

Most patients do not have any problems or complications after the abortion. These instructions will answer some common questions and give you advice to help ensure your best recovery.

Recovery Time: You should rest as much as possible on the day of your abortion. You may resume normal activities the next day if you feel up to it. You may feel tired for a few days and should avoid strenuous physical activity, such as vigorous exercise or heavy lifting, for the next 2 weeks. You may have feelings of relief or sadness. It is okay to have these feelings. If you need to discuss your feelings, please call us.

Birth control: After the abortion, you will still be fertile. If you have unprotected sex, you can become pregnant again in as little as 10 days after the procedure. If you don't want to become pregnant again, be sure to start using your birth control method.

Prevention of infection: Infection after an abortion is rare. To reduce the risk of infection, we gave you a dose of an antibiotic prior to your procedure. Usually, a single dose of an antibiotic prior to an abortion is all that is needed to help prevent infection. However, if we gave you additional antibiotics, be sure to take them until they are gone, even if you are feeling well.

To further reduce the risk of infection, we advise you to avoid putting anything inside the vagina except tampons. This means you should not have vaginal intercourse, swim, take a tub bath or use a hot tub for one week after the procedure. Avoid douching at all times.

Bleeding: It is perfectly normal to have some bleeding after an abortion. Your bleeding may differ from your usual menstrual bleeding. Don't be alarmed if there is no bleeding. Any of the following are normal:

- no bleeding
- spotting until your next period
- heavy flow for a few days
- bleeding that stops and starts again
- passing small clots (the size of a half dollar or smaller)

Please call us if you are having abnormal bleeding. Your bleeding is abnormal if:

- you completely soak a large pad or super tampon in an hour or less
- you pass clots larger than a half dollar
- you have heavy flow for more than 10 days after the procedure

Cramping: It is normal to have some cramps after an abortion, especially if you are passing clots. Too much vigorous activity after the procedure can increase cramping. It may be helpful to lie down, use a heating pad and take the pain medicine we prescribed for you. You may also take ibuprofen, 800 mg every 8 hours with some food. It is okay to combine the pain medicine we gave you with ibuprofen. **Most likely we have given you Vicodin (hydrocodone/acetaminophen). You may take one or two of these every 6 hours as needed. The Vicodin contains Tylenol so it is important that you do not take Tylenol or acetaminophen with it.**

Fever: If you feel warm or have any concerns about infection, please take your temperature. Be sure to do this before taking any medications such as aspirin, acetaminophen (Tylenol), or ibuprofen. Call us if your temperature is 100.5 or greater.

Follow-up appointment: It is very important that you have your follow-up visit 2 to 3 weeks after your abortion. *This is the only way we can be sure that you are not still pregnant and that you are not having any complications.* There is no charge for this visit.

Emergencies: If you think you have a life-threatening emergency, call an ambulance or go to the nearest emergency room. If possible, please call us first if you feel you have an emergency related to your abortion. We can usually take care of complications related to abortion in our office at no additional charge to you.

Warning signs: Please call us as soon as possible if you have any of the following problems:

- Temperature 100.5 or greater
- Abnormally heavy bleeding (as described above)
- Severe abdominal pain or cramping
- Rash or hives after taking the antibiotics
- Symptoms of pregnancy (breast tenderness or morning sickness) for more than two weeks after the abortion.
- Menstrual periods have not started again by 6 weeks after the abortion.

You may reach us at any time at 602.553.0440. We are always happy to help.

Thank you for choosing Family Planning Associates.