

These are instructions to help you be as safe and comfortable as possible after your abortion.

TAKE
CARE OF
YOURSELF

- Do not drive for **24 hours**
- Avoid alcohol and other substances for 24 hours (mixing with the medication we have given you may cause vomiting)
- Rest for the remainder of the day
- Avoid strenuous exercise and heavy lifting for 3 to 4 days

Listen to your body and let it be your guide.

WHAT TO EXPECT

Use pads for the first few days after your procedure so the rate of bleeding can be more easily observed.

BLEEDING

- Normal bleeding can range from NO bleeding to bleeding like a heavy menstrual period.
- It can be light for the first 3 days after an abortion. It may become heavier on the 4th or 5th day, sometime with clots and cramping. Or you may have NO bleeding after the first day.
- Light bleeding or spotting may last for several weeks, or you may have NO bleeding.
- **You should expect your next menstrual period in 4 to 6 weeks**

CLOTS

- Some clients pass small clots after an abortion
- Cramping normally occurs during the passing of a clot

CRAMPING

- Zero to mild cramping is normal
- If you have cramps, a heating pad, hot water bottle, rest and/or Tylenol, Advil, Motrin, Midol can help you feel more comfortable

CALL THE CLINIC IMMEDIATELY



1. **Excessive bleeding:** Filling and soaking 3 or more maxi pads in three hours
2. **Shaking chills with a temperature > 38°C (100.4°F):** Use a thermometer!
3. **Passing clots as large as a lemon**
4. **Foul smell or pus-like vaginal discharge**
5. **Ongoing pregnancy symptoms**

Monday to Friday between 9:00-4:00 PM (604) 736-7878 Extension 4
Evenings & Weekends (Doctor On-Call):

EMERGENCY: If you are feeling very unwell and need to be seen immediately (cannot wait for a phone call from clinic/physician), please go to the nearest Emergency Room and tell them you had an aspiration abortion

Please let us know if you develop an infection or receive any hospital treatment within 30 days after your procedure at the clinic. This information is important for us so that we can follow-up on your care.

Please contact booking@bagshawclinic.ca if you have any questions or concerns about your care.

FOLLOW-UP CARE

Most clients need no further care after their procedure. You may return to normal activity, including sex once you feel ready.

- If you have been given antibiotics, *finish them even if you feel fine*
- If you still feel pregnant after 2 weeks or do not get your period after 6 weeks, call the clinic for an assessment.
- Your fertility returns after seven days. Therefore, it is recommended that you start the contraceptive method that you have selected right away.

A good resource is: <https://mypostcare.ca/>

A routine follow-up is not medically necessary. However, if you want a follow-up visit, please arrange one at our clinic, with your family doctor or a walk-in clinic.



NORMAL BODY
CHANGES
(1 to 2 weeks)

- Nausea & vomiting, breast tenderness, fatigue and bloating will decrease
- Emotional ups and downs may occur
- Appetite and bathroom habits will return to normal
- Your breasts may leak small amounts of fluid
- Please do not do a pregnancy test. The pregnancy hormones take a while to leave the body, so it may appear positive for 4-6 weeks after you abortion



EMOTIONAL
RESPONSES

- To experience a variety of emotions after an abortion is normal
- If you wish to talk about these feelings, we have experienced counsellors available
- ALL counselling services are free!
- Please contact us at (604) 736-7878 to arrange an appointment