

AURORA MEDICAL SERVICES
1001 Broadway, Suite 320 · Seattle, WA 98122
(206) 957-0990 or toll-free (866) 632-6622, M-F, 8 a.m. – 5 p.m.
Emergencies only, after hours/weekends: (800) 726-5472

AFTERCARE INSTRUCTIONS

Take good care of yourself

- Avoid strenuous physical activities for one week.
- Normal activities may be resumed tomorrow.
- It is normal to experience a range of feelings from relief to sadness. If you think it would be helpful for you to discuss your feelings, we can provide you with names of counselors.

Preventing infection

- Do not put anything inside your vagina for one week. Avoid sexual intercourse, douching, and tampons. If you are unable to follow this advice, please talk with a staff person or the physician.
- Take your antibiotics: Begin taking the antibiotics today. Follow the directions on the bottle. Finish all of the medication, even if you are feeling fine.
- ☎ Check for fever: During the first week after your abortion, take your temperature once a day (before taking any pain medication). **If your temperature is over 100.5°F, call us.**

Monitor your bleeding

- Bleeding after an abortion is normal and can range from no bleeding, to spotting, to a heavy flow. Bleeding can stop and start again. Bleeding and spotting may last for several weeks.
- Little to no bleeding in the days after abortion is common. It is also common to have increased bleeding, with clots and cramping around day 5 after the abortion procedure.
- ☎ **Soaking a full size menstrual pad in less than one hour for three hours in a row is not normal. Heavy bleeding that continues past ten days from the abortion (light bleeding or spotting is OK) may also be abnormal. In both of these situations you should call us.**
- ☎ Clots: Passing some small blood clots is normal. Often passing clots is accompanied by cramping and heavy bleeding. **Call us if clots are repeatedly larger than a quarter.**

Monitor your cramping

- It is normal to have cramps on and off during the next week. We recommend the following over-the-counter medications:
 - Ibuprofen (Advil, Motrin, etc.), 200 mg tablets. Take 3 (600 mg total per dose) every 6 – 8 hours with food.
 - Naproxen (Aleve), 220 mg tablets. Take 2 _ tablets (550 mg total per dose) every 12 hours with food.
- Massage your uterus by rubbing deeply in a circular motion just below your bellybutton.
- Get rest and drink fluids.
- Use a hot water bottle or a heating pad.
- ☎ **If your cramps are not helped by these treatments, please call us.**

Pregnancy symptoms

- Nausea and vomiting should resolve within 1-2 days.
- Fatigue and breast tenderness may last for slightly longer.
- Do not take a pregnancy test – it may remain positive for 6-8 weeks after an abortion.

Menstrual periods and birth control


- Your next menstrual period should start in 4 to 6 weeks.
- We are happy to discuss birth control with you. We have many methods available here.
- If you have been given a prescription for a method such as the pill, patch, or ring, you should start immediately. There is no need to wait for your period.


Come for your check-up!

- Get a check-up in 2-3 weeks to be sure you are healing normally.
- We urge you to return here; our practitioners are most familiar with abortion aftercare.
- Routine check-ups are free of charge if done within one month of the procedure.

What to do if you are having an urgent care need or if you have additional questions

If you are having problems or concerns, you can easily reach us.

 During regular office hours, please call the office at **206-957-0990** or toll-free **866-632-6622**.

 For urgent care, after hours and on the weekends, please call our answering service at **800-726-5472**.

- The answering service will page the on-call practitioner.
- Make sure that you leave a number where you will be able to be reached right away, and stay at that number until you hear from us.

The on-call practitioner will call you within 20 minutes. If you do not get a return telephone call within 30 minutes, please call the answering service again.