

Germantown Reproductive Health Services
13233 Executive Park Terrace, Germantown, MD 20874 (301)353-9200

Post Abortion Instructions

Thank you for giving us the opportunity to participate with you in this procedure, which will allow you the opportunity to change the rest of your life. We understand that this may have been a difficult decision for you, but if you follow these instructions closely, the likelihood on any long-term ill effects is quite small. If complications do develop, **please call us first**. Dr. Carhart has performed over 30,000 terminations of pregnancy in the past 15 years and finds that hospitalization is rarely necessary to handle complications from an abortion. We can successfully manage the majority of post abortion problems over the phone or in our clinic with no extra cost to you. However, as with any surgical procedure, patient cooperation with post-operative instructions is essential for a complete recovery. Therefore, we request that you read carefully over the following instructions.

During your trip home and for the next several hours you should:

- Not drive, or use dangerous equipment for up to 24 hours if you have received IV sedation.
- Do uterine massage for at least 1 minute every 30 minutes for the next 8 hours.
- Walk every hour for about 10-15 minutes for the next 8 hours.
- Go eat a meal when you leave the clinic.

What to expect after an abortion:

- **Bleeding and Flow:** Bleeding usually occurs for 2-3 weeks and may be "off and on" for up to 6 weeks. Bleeding can be heavier than a normal period or you could not bleed at all. You also may pass some clots.
- **Cramping:** Is common and may occur "off and on" for 2 weeks after the abortion. Over the counter medications such as Tylenol may be used as well as a heating pad. NO IBUPROFEN OR ASPIRIN should be taken. Aspirin can thin the blood and increase bleeding. Ibuprofen will prevent the uterus from contracting.
- **Temperature Elevation or Fever:** It is important to take your temperature every 12 hours, if your temp is above 100.4, recheck it. If it is still above 100.4 call us immediately. If you need to purchase a thermometer, you may do so at your local pharmacy.
- **Menstrual Period:** Your next menstrual period can be from 3-12 weeks after the surgery and may be heavier than normal.
- **Pregnancy Symptoms:** The signs of pregnancy usually disappear in 48-72 hours. Even though your pregnancy symptoms are gone it is still important to have your 6 week follow-up exam to be sure there are no other problems.
- **Breast Enlargement:** Lactation, milk production, and enlargement of the breast is not likely after an early termination, after the 14th week it is common. Wear a tight sports bra for 24 hours a day to help prevent milk production. You may use Tylenol and ice packs for the pain. Do not stimulate the breasts. Avoid hot water in the shower. Put your back to the water. If your symptoms become severe, please call.
- **Activities After Abortion:** You may return to your normal activity the day after your surgery, unless you receive different instructions from the doctor.

ACTIVITIES TO AVOID:

- DO NOT take a tub bath for 2 weeks. Showers only!
- DO NOT use tampons for 2 weeks.
- NO vaginal intercourse for 2 weeks.
- NO swimming for 2 weeks.
- NO alcoholic beverages until you have finished all your medications.
- NO douching for 2 weeks.
- NO feminine sprays, deodorants or perfumes to the vaginal area for 2 weeks.
- After using the restroom remember to wipe front to back to prevent introducing bacteria from the rectum into the vagina.

Post-Operative Exam- Please have a post abortion check-up within 6 weeks following your surgery. If your pregnancy test is positive, please contact us. Modern pregnancy tests often detect very low levels of the pregnancy hormone, which are normally present in your blood and urine for 2-5 weeks after a successful abortion. A pap smear, and you chose not to have one with your abortion, it is usually best to wait at least 6 weeks after your termination to prevent false abnormal findings.

Medications:

Antibiotic- Ciprofloxin 500mg

1st Tri – You will be given one tablet before your procedure. You will not need any more to take home.

Mife – Take one tablet daily for 3 days

2nd, 3rd (Advanced) – You will be given one tablet daily prior to procedure in the office. (Rx may be written if patient has drug allergies)

Methergine (Ergotrate)- Take 1 pill every 12 hours until gone. This medication can cause leg cramps. This pill is to help your uterus return to its normal size and reduce the chance of heavy bleeding.

Birth Control Pills- If you are going to take birth control pills and we strongly urge you to do so for at least one month to regulate your cycle, start your first pill TODAY or SUNDAY after your abortion.

3-Day Patients*- You will receive a phone call from a **BLOCKED** number on Tuesday Evening from the nurse to check up on you to see how you are doing. **Please pick up this phone call!**

Complications:

If you feel you are having complications please review these post-operative instructions and take your temperature before you call. **THE EMERGENCY HOTLINE NUMBER IS 1(800)737-3845 THEY ARE ANSWERED 24 HOURS A DAY.** For routine questions please call during normal business hours 8am-5pm Monday through Saturday. **THE EMERGENCY HOTLINE IS FOR ABORTION COMPLICATIONS ONLY. PLEASE CALL IF YOU HAVE ANY OF THE FOLLOWING:**

- You start bleeding so heavily you soak a thick pad every hour for 2 hours.
- Severe abdominal cramping not relieved by the medications mentioned above.
- Temperature elevation greater than 100.4

If you cannot get in touch with GRHS, report to the nearest emergency room and tell the ER physician that you had an abortion. Ask the ER physician to contact Dr. LeRoy Carhart from Germantown Reproductive Health Services.

ROUTINE QUESTIONS – PLEASE CALL DURING NORMAL BUSINESS HOURS

BEFORE YOU CALL, PLEASE HAVE THE NUMBER TO A PHARMACY THAT IS OPEN SO THAT WE CAN CALL IN MEDICATIONS.

THANK YOU FOR YOUR COOPERATION.

Dr. LeRoy Carhart and the staff at Germantown Reproductive Health Services.