



***Important: Do not drive or make any important decisions for 24 hours.
Take care of yourself.***

Do:

- » Rest for today and take it easy for the next 24 - 48 hours
- » Drink lots of fluids and eat well-balanced meals
- » If you must travel for more than 1 hour, get up, stretch your legs and walk around for 5 - 10 minutes for every hour of travel

Avoid:

- » Heavy exercise and heavy lifting for 3 - 4 days
- » Alcohol and street drugs for 48 hours
- » Smoking for 2 hours after your procedure - it may make you dizzy
- » Inserting anything into your vagina for 1 week
- » Listen to your body - it will let you know when you're ready to return to your usual activities
- » Swimming for 1 week

What to Expect:

Bleeding, blood clots and cramps are all normal after an abortion.

Bleeding:

- » May be light or none for the first 3 days after an abortion
- » May become heavier on the 4th or 5th day with clots, dark bleeding and cramps
- » Can range from no bleeding to a very heavy menstrual period
- » Light bleeding or spotting may last 2 - 4 weeks after an abortion
- » May increase with physical activity

Blood Clots:

- » May be as large as a lemon any time within 4 weeks following your abortion

Cramps:

- » Happens because the uterus is returning to its usual size
- » Lessens if you rest and apply a hot water bottle or heating pad
- » Take ibuprofen (Motrin[®] or Advil[®]) or naproxen (Aleve[®]) for pain
- » Do not take ASA (Aspirin[®]) for pain – it may increase bleeding

See a health care provider if you:

- » Soak 4 or more maxi pads in 2 hours
- » Pass very large blood clots (larger than the size of a lemon)
- » Have a fever: 38.0° C or 100.4° F or higher
- » Have chills or shaking
- » Have unusually coloured vaginal discharge (yellowish or greenish) or bad odour
- » Still feel pregnant 2 weeks after your abortion

Where to get help:

Our staff can help you by telephone at 204-947-2422 ext 200 during clinic hours. All other times you can:

- » Call the WHC on-call number you received at your appointment.
- » Call Health Links 204-788-8200 (inside Winnipeg) or 1-888-315-9257 (outside Winnipeg).
- » Go to the Emergency Department (HSC if in Winnipeg) or your nearest hospital.

If you are admitted to the hospital or you need to seek help from another health care provider due to complications from your abortion, please call WHC to let us know at 204-947-2422 ext. 200.

After your Abortion

The following are normal after an abortion:

Within 24-48 hours: Nausea, vomiting and breast tenderness lessen. Nipples may leak fluid.

Within 1-2 weeks: Pregnancy symptoms (fatigue, bloating, and mood changes) lessen.

Within 4-6 weeks: You should have a normal period. Pregnancy hormones can stay in your body after a pregnancy has ended. It is possible to still have a positive pregnancy test within 6 weeks of an abortion.

Reduce the chance of infection by finishing all the antibiotics you were given, even if you feel fine.

Important: You can get pregnant at any time after your procedure. If you are concerned about pregnancy, follow the birth control plan you talked about with our staff. Prevent sexually transmitted infections (STIs) by always using a condom when you have sex. If you have unprotected sex, a condom breaks, or you miss taking your birth control pill, you can take the Emergency Contraceptive Pill (Plan B). You can get it without a prescription at community health clinics, hospital emergency departments and most pharmacies.

Follow-Up

A follow-up appointment is not required unless you have a concern. If you have any concerns, please call WHC at 204-947-2422 ext. 200.