

You Are Not Alone!

One in three women will have an abortion in their lifetime.

What Should I Expect?

Bleeding:

Some people have no bleeding at all and some people have bleeding that comes and goes and lasts up to 6 weeks. Bleeding can vary widely, and is often affected by the type of birth control you're using (or not using).

Cramping:

Cramping is normal and necessary for your uterus to return to its normal size. Cramps vary and may be occasional and mild, and may come and go within the next few weeks.

If you are having heavy bleeding or painful cramping:

- Take it easy and decrease activity if bleeding very heavily
- Take 800mg ibuprofen with food every 8 hours as needed for up to 1 week
- Use a heating pad, hot water bottle or adhesive patches (like Thermacare)
- Drink warm liquids, such as tea or hot cocoa
- Massage the uterus by firmly pressing into your lower belly with your fingertips, in a downward motion from below your belly button down to your pubic bone. You may need to continue this for 10-15 minutes before noticing any relief of cramping and/or bleeding

Other Important Information:

If you are having unprotected sex, it is possible that you could get pregnant before your period comes back. If you're using a hormonal birth control that controls your bleeding pattern (like pills), your period typically comes back as expected. If your birth control is not hormonal (like condoms or copper IUD), your period comes back within 4-8 weeks.

CALL IMMEDIATELY IF YOU ARE EXPERIENCING ANY:

Call our office at **603-436-7588** at any time of day. We are here for you!

1

SIGNS OF INFECTION

Temp 101F, chills, pelvic pain, abnormal discharge with odor

2

HEAVY BLEEDING

Bleeding through 2 maxi-pads per hour for 2+ hours

3

SEVERE PELVIC PAIN

Having persistent cramping or pain that is not relieved by over the counter medications

Emotions

People can experience a wide range of emotions after having an abortion.

Feelings of relief, sadness, guilt, gratitude and melancholy are common examples.

Hormonal changes that occur within the first few days after an abortion can cause these emotions to feel strong, but typically these feelings don't last very long.

You can work through your emotions using this tool:
pregnancyoptions.info

If you find you're having difficulty with your emotions, or have questions about how you are feeling, please give us a call.

(603)436-7588