

You Are Not Alone: 1 in 4 women will have an abortion before the age of 45

## What Should I Expect After My Procedure?

### Bleeding:

Some people have no bleeding at all and some people have bleeding that comes and goes. **Bleeding can start and stop up to 6 weeks after the procedure.** Bleeding can vary widely, and is often affected by the type of birth control you're using (or not using). Sometimes people may see minimal bleeding and then experience an increase in bleeding. This is normal as long as the bleeding does not fully saturate 2 maxi pads per hours for 2+ hours. It is also normal to pass blood clots which may vary in size.

### Cramping:

Cramping is normal and necessary for your uterus to return to its normal size. Cramping may increase if you are bleeding or passing a clot. Cramps vary and may be occasional and mild, and may come and go within the next few weeks.

### If you are having increased bleeding or painful cramping:

- Take 800mg ibuprofen (Advil) with food every 8 hours as needed for up to 1 week
- Take it easy and decrease activity if bleeding increases
- 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:

- Do not take a urine pregnancy test for up 5-6 weeks as it can remain positive.
- Do not insert anything in the vagina for 7-10 days (tampons, cups, sex, fingers, toys)
- **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](http://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**

## HOW MUCH AM I BLEEDING?

### Scant amount

Blood only on tissue when wiped or less than one-inch stain on maxi pad within one hour.



### Cantidad muy escasa

Solo hay sangre en el papel sanitario cuando se limpia, o tiene manchas que miden menos de una pulgada en una toalla sanitaria tamaño maxi en menos de una hora.

### Light amount

Less than four-inch stain on maxi pad within one hour.

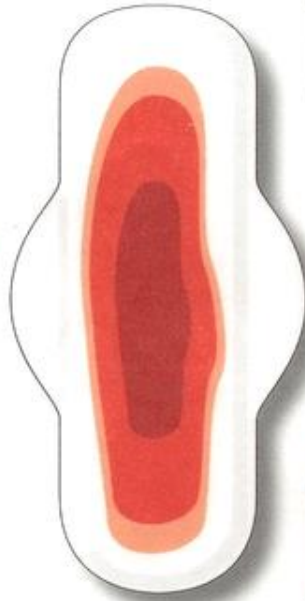


### Poca cantidad

Manchas que miden menos de 4 pulgadas en una toalla sanitaria tamaño maxi en menos de una hora.

### Moderate amount

Less than six-inch stain on maxi pad within one hour.

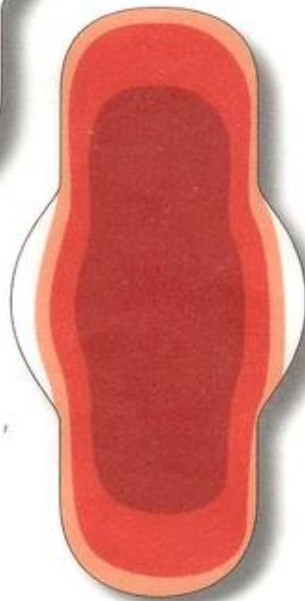


### Cantidad moderada

Manchas que miden menos de 6 pulgadas en una toalla sanitaria tamaño maxi en menos de una hora.

### Heavy amount

Saturated maxi pad within one hour.



### Cantidad muy fuerte

Una toalla sanitaria tamaño maxi completamente saturada en una hora.