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## Post Abortion Instructions

These instructions include how to reach us, what to expect after an abortion, activities to avoid, and general information that is important to read over and understand. If you have any questions or concerns, please call the clinic during our normal business hours (M-F 8am-5pm) or our after-hours line.

### TODAY

You took your first medicine at \_\_\_\_\_ (AM/PM) \_\_\_\_\_

Please write in the time you took your 1 Mifepristone tablet

You now must wait at least 24 hours, but no more than 48 hours before using the second medication.

### TOMORROW

You'll use the second medication tomorrow after \_\_\_\_\_ (AM/PM) \_\_\_\_\_

Please write in the time you will begin your Misoprostol medication (at least 24 hours later than Mifepristone, but not more than 48 hours)

After selecting a time to use the medication, have a light meal 30 minutes before using the medication. Then 15 minutes before using the Misoprostol medication, take the pain medications and the anti-nausea pill.

When using the second medication, place all 4 pills between cheek and gum of the lower jaw for at least 30 minutes.

Do not eat or drink anything while the pills are in your mouth. After at least 30 minutes with the pills are in your mouth, "swish and swallow" the medication with water. You have completed the second and final step of the process.

### WHAT TO EXPECT AFTER AN ABORTION

- **Bleeding/Clotting** - Bleeding and clotting is normal, it usually occurs "off and on" and could last 6-12 weeks
- **Cramping** - Cramping is common and may occur "off and on" for 2-3 weeks after an abortion
  - Things to reduce cramping include:
    - Tylenol and/or Ibuprofen (given to you by the clinic free of charge)
      - **NO ASPIRIN** - aspirin can thin the blood and increase bleeding
    - Uterine massages for at least 1 minute every 30 minutes for 8 hours
    - Heating pads
    - Walking for 10-15 minutes every hour for 8 hours
- **Menstrual Period** - Your next menstrual period can be 3-12 weeks after your abortion and may be heavier than your usual period
  - Taking a form of birth control can help regulate your cycle and may help your period return quicker

- **Pregnancy Symptoms** - Signs of pregnancy usually disappear within 48 hours. While pregnancy symptoms may have gone away, it is still important to respond to follow-up emails sent by staff to be sure there are no other problems
  - **Nausea** - If you are experiencing nausea, please ask the reception desk how you can get a Zofran prescription
    - **Non-prescription options:** Dramamine, Loperamide, and Meclizine
  - **Breast Enlargement**- Lactation, milk production and enlargement of the breasts is not likely after an early termination abortion. However, If you experience this, consider the following:
    - Wear a tight bra 24-hours a day to help prevent milk production
    - Do NOT stimulate the breasts
    - Put your back to the water in the shower to avoid hot water directly on the breasts
- **Temperature Elevation and/or Fever**- Please take your temperature every 12 hours. If your temp is above 100.4, recheck it every 30 minutes and call us immediately.
  - Temperature elevation below 100.4 is a common side effect of misoprostol.
  - Temperature greater than 100.4 that occurs more than 8 hours after using misoprostol should be reported because it is most likely not due to misoprostol.

**PLEASE GO TO THE EMERGENCY ROOM IF YOU HAVE ANY OF THE FOLLOWING ISSUES:**

- You start bleeding so heavily that you soak through two thick sanitary pads every hour for 2 hours consecutively (4 pads in 2 hours), along with feeling faint.
- You begin to have severe abdominal cramping not relieved by any medications provided.
- Temperature greater than 100.4 that persists after taking medication.

**ACTIVITIES TO AVOID**

There are no physical restrictions after an abortion. You can return to all normal activities the day after your abortion unless you receive different instructions from the doctor.

You should **NOT** place anything inside the vagina for one week after your abortion, as doing so increases the risk of pelvic infection.

This includes but is not limited to tampons, soft cups and Diva Cups, douching, sex toys, penetrative intercourse, and any form of feminine sprays, perfumes, or deodorants. You should not go swimming or immerse yourself in water. Other recommendations include NO alcoholic beverages until you have finished all your medications and wiping front to back after using the restroom to prevent bacteria spreading from the rectum to the vagina.

It is important to understand that your body is extremely fertile, and you can become pregnant almost immediately after an abortion if no form of contraception is used. If you are not planning on having an intentional pregnancy right away, we recommend using some form of contraception.

If you are interested in receiving a prescription for birth control, please let our staff know that you are interested in receiving birth control.

**FOLLOW-UP EMAILS AND APPOINTMENTS**

Follow-ups will be done virtually. We will reach out to you via email twice; around 4 weeks and around 6 weeks after your appointment. Below are instructions for the virtual follow-up.

We will be sending you home with two pregnancy tests. Use one pregnancy test 4 weeks after your appointment. If it results negative, you may discard or save the second test for another use as you are no longer pregnant. If it comes back positive, do not stress. This may be normal as your body can still have pregnancy hormones circulating up to 6 weeks post-abortion. If this is the case, please use the

second pregnancy test 2 weeks later (6 weeks after your appointment date). If that test comes back positive, please call the clinic to schedule a possible in-clinic follow up.

In-clinic follow-up appointments are also offered 1-2 weeks after procedure if preferred by patient.