



Patient Number:

1930 East Orman Avenue
Pueblo, Colorado 81004
Telephone: (719)-884-4070
Fax: (719)-888-7721

Post Abortion Procedure 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.

24/7 ABORTION COMPLICATION EMERGENCY HOTLINE: (719)-884-4070

PLEASE ONLY CALL 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**
- **You begin to have severe abdominal cramping not relieved by any medications provided or the tips listed below**
- **Temperature greater than 100.4 that persists after taking medication and you have checked it twice within the hour**

If you are unable to get in contact with a CARE Clinics staff member or feel that your health is in danger, report to the nearest ER. Tell the ER physician that you had an abortion and ask the ER physician to contact Dr. Leah Torres from CARE.

WHAT TO EXPECT AFTER AN ABORTION

Bleeding/Clotting - Bleeding and clotting is normal and usually occurs “off and on” and could last 6-12 weeks.

Patients who have had a prior cesarian section delivery may experience increased amounts of bleeding compared to patients with prior vaginal births.

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 usual

- Taking a form of birth control pill can help regulate your cycle and may help your period return quicker



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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- We will send you home with a prescription that you can fill at any pharmacy, of your choice. We recommend to all patient's traveling to abortion restrictive states, to fill all medications prescribed in the state of Colorado. We will send you home with a prescription of Zofran 4mg, you will want to take this medication an hour prior to starting medications you are sent home with.

Breast Enlargement- Lactation, milk production and enlargement of the breasts is not likely after an early termination abortion. If you are experiencing this, please do the following:

- Wear a tight bra 24-hours a day to help prevent milk production
- NOT stimulate the breasts
- Put your back to the water in the shower to avoid hot water hitting 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

ACTIVITIES TO AVOID

There are no physical restrictions after an abortion. You can return to all normal activities (including sexual activity, taking baths, using tampons, etc.) the day after your abortion, unless you receive different instructions from the doctor.

NEED TO KNOW

- Your abortion procedure is your own business. We will not and cannot disclose your having this procedure with us without certain, very specific, governmental subpoenas being ordered. That being said, if you go to another health care provider, or to a hospital emergency room, and are afraid to disclose you had an abortion: **YOU DO NOT NEED TO TELL ANY HEALTH CARE PROVIDER YOU HAD AN ABORTION.** The ending of a pregnancy, whether by abortion or miscarriage, is treated the same if there are any complications. It does not endanger your health or life, nor does it change your medical treatment, if you do not tell them you had an abortion. You will be treated as having had a miscarriage.

ADDITIONAL INFORMATION

- Having an abortion does not affect your future fertility.

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.



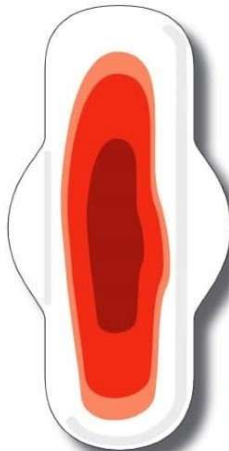
Light amount

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



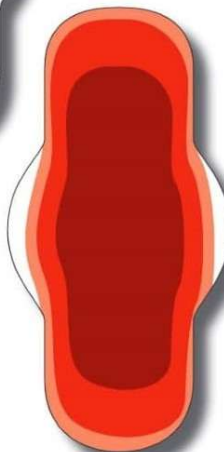
Moderate amount

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



Heavy amount

Saturated maxi pad within one hour.



¿CUANTO ESTOY SANGRANDO?

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.

Poca cantidad

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

Cantidad moderada

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

Cantidad muy fuerte

Una toalla sanitaria tamaño maxi completamente saturada en una hora.

For questions, please contact our office at **(719)-884-4070**.