

PATIENT NUMBER:

# POST ABORTION PATIENT INSTRUCTIONS

## CARE COLORADO

***AT CARE COLORADO, WE STRIVE ON PROVIDING PATIENT-BASED CARE. OUR PHONE LINE IS AVAILABLE 24 HOURS A DAY FOR ANY QUESTIONS OR CONCERNS. PLEASE DO NOT HESITATE TO REACH OUT TO OUR OFFICE. THANK YOU FOR TRUSTING US WITH YOUR CARE AND WE WISH YOU THE BEST FROM YOUR CARE TEAM!***

**1930 E ORMAN AVENUE  
PUEBLO, CO 81004**

**PHONE: (719) 884-4070  
TEXT: (719) 888-7118  
FAX: (719) 888-7721**



# HELLO AND THANK YOU

These instructions include how to reach us, what to expect after your abortion is complete, activities to avoid, and general information that is important to read over and understand.

If you have any questions or concerns, please review this information pack and call at any time if needed at 719-884-4070.

## **PLEASE CALL IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS/ISSUES:**

- You start bleeding so heavily that you soak through two thick sanitary pads every hour for 2 hours consecutively (4 large pads in 2 hours)
- 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 in twice within the hour

**If you are unable to get in contact with a CARE Colorado staff member or feel your health is in danger, go to the nearest Emergency Room immediately. If you feel comfortable doing so, tell the ER physician that you had an abortion and ask the ER physician to contact Dr. Leah Torres from CARE.**

## **TAKE THE FOLLOWING MEDICATIONS THAT WERE PROVIDED TO YOU AS NEEDED**

- **ACETAMINOPHEN 325MG - 2 TABLETS** (REPEAT EVERY 4-6 HOURS AS NEEDED FOR PAIN)
- **IBUPROFEN 200MG - 4 TABLETS** (REPEAT EVERY 8 HOURS AS NEEDED FOR PAIN)

# WHAT TO EXPECT

## ***BLEEDING/CLOTTING***

BLEEDING AND CLOTTING ARE NORMAL, IT USUALLY OCCURS "OFF AND ON" AND COULD LAST FOR 4-12 WEEKS. IF YOU HAVE HAD A PRIOR C-SECTION(S) DELIVERY, YOU MAY EXPERIENCE HEAVIER BLEEDING.

## ***MENSTRUAL PERIOD***

YOUR NEXT PERIOD CAN BE 3-12 WEEKS AFTER YOUR ABORTION AND MAY BE HEAVIER THAN NORMAL. TAKING A FORM OF HORMONAL BIRTH CONTROL CAN HELP REGULATE YOUR CYCLE AND MAY HELP YOUR PERIOD RETURN QUICKER. SOME PEOPLE CAN OVULATE AS SOON AS 3 WEEKS AFTER A PREGNANCY ENDS SO USE PRECAUTIONS PRIOR TO YOUR PERIOD COMING BACK.

## ***FEVER/TEMPERATURE ELEVATION***

AFTER COMPLETION OF MISOPROSTOL, YOU CAN RUN A SLIGHT FEVER. IF YOUR FEVER IS 100.4 OR HIGHER FOR MORE THAN 8 HOURS, PLEASE CONTACT OUR OFFICE FOR FURTHER INSTRUCTIONS.

## ***CRAMPING***

CRAMPING IS COMMON AND MAY OCCUR "OFF AND ON" FOR 2-3 WEEKS AFTER COMPLETION OF ABORTION. TO REDUCE SYMPTOMS, TAKE ACETAMINOPHEN & IBUPROFEN (PROVIDED BY CLINIC) AS NEEDED. UTERINE MESSAGES ARE ALSO VERY IMPORTANT TO RECOVERY. THEY HELP WITH CRAMPING AND REDUCE BLEEDING RISK. HEATING PADS AND PHYSICAL ACTIVITY FOR 10-15 MINUTES WILL HELP REDUCE CRAMPS.

## ***PREGNANCY SYMPTOMS***

SIGNS OF PREGNANCY USUALLY DISAPPEAR WITHIN 48 HOURS. WHILE SYMPTOMS MAY HAVE GONE AWAY, IT IS STILL IMPORTANT COMPLETE FOLLOW-UP TO ENSURE THAT EVERYTHING IS COMPLETE.

## ***ACTIVITIES TO AVOID***

THERE ARE NO PHYSICAL RESTRICTIONS AFTER AN ABORTION. YOU CAN RETURN TO NORMAL ACTIVITIES THE DAY AFTER YOUR ABORTION.

# QUESTIONS & CONCERNS



## NEED TO KNOW

YOUR ABORTION IS YOUR BUSINESS. WE WILL NOT DISCLOSE ANY OF YOUR INFORMATION

HAVING AN ABORTION DOES NOT AFFECT YOUR FUTURE FERTILITY

***YOU DO NOT NEED TO TELL ANY HEALTH CARE PROVIDER YOU HAD AN ABORTION***

In the event you experience any of the following, please see your nearest emergency room:

### ***COMPLICATIONS:***

#### ***HEAVY BLEEDING:***

SOAKING 4 OVERNITE PADS FOR 2 HOURS CONSECUTIVELY, ALONG WITH FEELING FAINT

#### ***SEVERE ABDOMINAL CRAMPING:***

SEVERE CRAMPING THAT CANNOT BE RELIEVED BY ANY MEDICATION PROVIDED

#### ***FEVER:***

TEMPERATURE GREATER THAN 100.4 THAT PERSISTS AFTER TAKING MEDICATIONS

# HOW MUCH AM I BLEEDING?

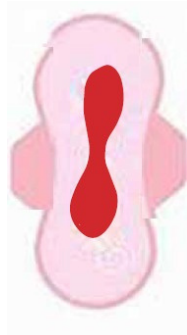


Please review this bleeding chart when calling about bleeding concerns. This helps us understand if this is a normal amount of bleeding or not, and can advise you further.



## ***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