



Aftercare information

It is important that you read this information carefully and take it home with you for reference.

If you are worried about anything at all, please call us day or night for advice. If you need further treatment it will be free of charge.

Marie Stopes International

24 hour Aftercare Line

0845 122 1441

Overseas callers

00 44 845 122 1441

Irish women can also get help and advice from
Marie Stopes Reproductive Choices in Dublin

(01) 830 0630 (24 hours / 7 days)

When you go home...

- There is no reason why you cannot have a bath or shower as soon as you wish but we advise you not to use perfumed bath products until your bleeding has stopped
- Do NOT use tampons until your next period
- Do NOT have intercourse (or oral sex) for two weeks
- Avoid any strenuous activity for at least two weeks, including sports or heavy physical work
- **Your next period:** Your next period should begin after 4 to 6 weeks

- **Contraception:** You can become pregnant again straight away - so use contraception every time and remember condoms are the only method that can help protect you against sexually transmitted infections. Follow the advice you have been given if you are taking the contraceptive pill.
- **Breast discomfort:** May not stop immediately. If you were over 12 weeks pregnant your breasts may still get larger and leak a little. A mild analgesia (like paracetamol) and wearing a supportive bra may help. If they are still sore after two weeks please call us or return for a check.
- **Pregnancy tests:** Can still be positive for up to 3 weeks after an abortion. It is best not to do a test but call us first if you are worried.

- **“Morning” sickness:** Nausea should stop immediately after the procedure. If this continues for a week after treatment please call us for advice.

BLEEDING: Bleeding after an abortion is different for everyone. The following is just a guide.

- **Bleeding: *If you have had a surgical abortion:*** You may not bleed for up to 10 days after treatment - this is normal. Bleeding can last for between 2 to 7 days and may be heavy with clots initially and some cramps. This usually settles within 2 days, then, you might get bleeding similar to your period for up to 7 days. Some women get intermittent bleeding and spotting for up to 3 weeks. If you feel that bleeding is abnormally heavy, call us for advice.

- **Bleeding:** *If you have had a medical abortion (with tablets):* After taking the tablets on the second visit you will have heavy bleeding with clots and cramps. Bleeding can continue for a further 2 days and then it will become similar to a period and can last for two weeks. You might also have spotting for up to 3 weeks. If you feel the bleeding is abnormally heavy then call us for advice.
- **Pain:** Whatever treatment you have had you may experience some cramps for a few days. Ibuprofen is the most effective painkiller. If this does not help and the pain persists for more than a day or so, then call us for advice.

Travel after an abortion: If you are intending to travel a long distance by air, be prepared that you may have some pain and bleeding still and discuss this with the Marie Stops team before you embark on travel.

Possible complications

Please call us on 0845 122 1441 if you are worried about any of the following:

- **Incomplete abortion:** Any tiny fragment of tissue that may be left in the uterus should pass naturally during bleeding, but may cause infection resulting in heavier bleeding or cramps. If all the tissue is not passed it might mean that you have to come back to the centre for further treatment.

- **Infection:** If abdominal pain does not subside after a few days or if it returns, you may have an infection – particularly if you also have a raised temperature and/or smelly vaginal discharge
- **Continuing pregnancy:** If you still have signs of pregnancy after 3 weeks you should return for a pregnancy test
- **Ectopic pregnancy:** Remember that this is a dangerous condition. If you experience one-sided abdominal pain, seek immediate medical help.

Warning signs

If you have any of these signs, please call for advice:

- Bleeding that you consider heavy which has lasted continually for more than two days
- Frequent passing of blood clots
- Persistent pain and cramps continuing for more than two days
- Smelly vaginal discharge
- Raised temperature
- Sickness or breast soreness that has continued for two weeks following treatment
- Absence of a normal period after six weeks following treatment.

Your chlamydia test

If you had a chlamydia test, but have not received the result yet, call our test results line on **0845 120 3641**. If you have a positive test you will need some antibiotics. If you have already been given antibiotics make sure you take all the tablets you were given as directed.

If you have a positive chlamydia result it is very likely that your partner has chlamydia too, so it is important he also takes a test and gets treatment.

Call NHS Direct on 0845 46 47 for more information about your nearest GUM (Genito Urinary Medicine) Clinic. Or call Marie Stopes International on 0845 300 0460

Future contraception

If you have not already decided on your contraception, here are some of the options to think about.

You can visit your own GP, a local family planning clinic (call the FPA on **0845 310 1334** for details) or come back to a Marie Stopes Centre – more information on **0845 300 0460**.

Methods to consider:

- Pill
- Coil (IUD)
- Injection
- Implants
- Cap (Diaphragm)
- Condoms
- **Sterilisation:** If you would like more information about Marie Stopes Sterilisation Services call **0845 300 0212**.

Post abortion counselling

Although women most often feel relieved following an abortion, if you find you have unexpected reactions and unresolved emotions then be reassured that this is quite normal. Specialist one-to-one counselling can help you work through these issues and move forward. If you would like to talk to a counsellor, we can arrange a session as part of our service. You may feel this is all you need but further sessions can be arranged at a small cost. Call **0845 300 80 90** for an appointment.

Other services we provide:

- Well Woman and Well Man screening
- Cervical smear tests
- Gynaecological checks
- Chlamydia testing for men and women

Call for more information on 0845 300 0460

Anti-D given

Name

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Centre No

.....

Blood Group

.....

Anti-D given:

Date

.....

Dose

.....

Contraception given

**Method
given**

**date
given**

**check
due**

Pills type _____

Supply given _____ packet(s)

IUD type _____

Depo Provera _____

Implant _____