

AFTER TERMINATION OF PREGNANCY

What can and can't I do?....

After the operation you should rest for the remainder of the day. You can resume normal activities the next day, but avoid strenuous exercise for approximately 1 week after the procedure.

How can I reduce the risk of infection?....

You were given an antibiotic tablet after the procedure that reduces the chance of an infection. Tests for infection are taken at the time of the procedure and we will contact you within the next few days if you need more antibiotics. You should contact us if you have a temperature or develop pain. There is no evidence from any medical studies that avoiding tampons, intercourse, swimming or taking a bath reduces chance of infection after termination of pregnancy. Tampons may be used when the bleeding settles but should always be changed frequently.

How long does the bleeding last?....

Bleeding afterwards may be variable. Bleeding may last only a few days or it may last for 2 weeks. If it lasts that long it shouldn't be heavier than a normal period. Sometimes women get no bleeding at all. Sometimes a woman may not bleed initially or it may be quite light then it may become heavier between day 3-6. There may be accompanying pain and cramps during this time and the loss may be in the form of clots. This may last a few days then it should settle down. This may happen even if the pregnancy was early. Bleeding may then stop and start and be dark brown until the next period. Spotting can occur in the first few cycles on the Pill. Your next period should come in 4-6 weeks time. If the bleeding is very heavy, soaking through a regular pad within one hour, contact us at *The Gynaecology Centre*.

What about pain?...

Mild period type pain or cramping may occur for several days after the procedure. This is normal and may continue until the uterus contracts back to its normal size. The pain should be relieved by simple analgesics, such as paracetamol, aspirin, Nurofen or Naprogesic. If the pain is more severe, especially if you normally get period pain, use Panadeine or Mersyndol. If it won't be relieved by these simple measures, contact us at *The Gynaecology Centre*.

Pregnancy symptoms?...

Nausea should subside over the next few days, and should be gone by one week. Breast enlargement or tenderness may take a couple of weeks to subside. Contact us at *The Gynaecology Centre* if these symptoms last more than two weeks.

If I feel a bit down?....

It is not unusual to experience a feeling of depression after any operation or stressful situation not just because of a pregnancy termination. This may start a few days after but shouldn't last long. If it persists, contact your local doctor.

Contraception....

You can get pregnant again even before your next period, so start contraception immediately. If you decide to take the pill, start the day after the procedure and don't wait until your next period. If you're going to have an injection for contraception, see your doctor in 10-14 days but abstain from intercourse during this time. If an intrauterine device is to be inserted, you should wait until your second period. The first period comes in 4-6 weeks and may be a little heavier and more painful than usual.

Remember, you've had an anaesthetic....

You may feel slightly drowsy for some time after the procedure. Therefore for the rest of the day, don't drive a motor vehicle, operate machinery, consume alcohol, take any drugs not prescribed for you, sign any important documents, do anything that requires big decisions, etc.

Do I need a post operative check-up?....

We recommend a check-up in 10-14 days with your doctor. Of course, if you have any concerns or things are not as you expect, you can contact us at *The Gynaecology Centre* at any time. We are available 24 hours a day. Ring the surgery number as it is diverted after hours for emergency contact.