

AFTER TERMINATION OF PREGNANCY

DON'T FORGET YOU'VE HAD AN ANAESTHETIC.

After the operation it is best to be taken directly home, have a light meal then put yourself to bed for two hours. You might feel slightly drowsy for the rest of the day and we recommend staying at home. It is important that you DO NOT drive a motor vehicle for 24 hours. For the remainder of the day of your operation we also advise to not operate machinery, sign any important documents and do not do anything that involves making any big decisions. The anaesthetic will not entirely wear off until the next day. Do not take any drugs not prescribed for you and avoid alcohol for the next 24 hours.

EXERCISE.

It is wise to avoid any strenuous exercise for the rest of the week, especially contact sports, horse riding and swimming.

HOW CAN I REDUCE THE RISK OF INFECTION?

Take the antibiotics prescribed for you by the doctor. During the operation a swab test will be performed to screen for infection. You will be notified if there are any concerns. If you have any side effects please let us know by calling us at The Hampton Park Women's Health Care Centre on 03 97992817. Recent data shows that it is safe to use tampons after the operation so long as they are changed frequently for example 2 hourly. It is also safe to go swimming. However on the day of your operation we request that you use pads only so that we are able to closely watch you're bleeding.

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WHAT WILL THE BLEEDING BE LIKE?

Bleeding after a termination will vary from woman to woman. Most commonly the initial bleeding is light for the first 3 – 5 days. Then the bleeding can suddenly become heavier. Some women experience the loss of dark coloured clots and cramping. The sudden loss dark coloured clots signifies old blood that has accumulated in the uterus over the previous days. This usually settles within 24 – 48 hours. You may need to take some pain relief. This most commonly occurs when the operation was done for an early pregnancy. If however you are experiencing heavy losses of fresh, bright bleeding, for example are needing to change your pad more than every 2 hours, please contact us at The Hampton Park Women's Health Care Centre on 03 97992817

If the pregnancy was further on, the bleeding may continue for up to two weeks. The bleeding may then stop and start as a brown discharge until the next period. If your bleeding continues as a bright period loss for more than two weeks please see your local doctor or contact us. If you are not taking the oral contraceptive pill your next period will come in 4 to 6 weeks.

WHAT ABOUT THE PAIN?

Mild period pain or cramping may occur for a few days after the operation. 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 Nurofen. Sometimes when the loss suddenly becomes heavier with the dark clots at about day five the cramps may return as the uterus expels the dark clots. Again the use of analgesic medication may be necessary. Note; some people are unable to take Nurofen so first check with your pharmacist. If your pain is not relieved by these simple measures contact us.

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PREGNANCY SYMPTOMS.

The nausea should subside over the next few days and should be gone within a week from the operation. If the pregnancy was further on, the breast enlargement and tenderness may take a little longer to subside. If your symptoms have not settled within two weeks then call us. If a pregnancy test was done it would still be positive for up to three weeks after a termination so it may be better to contact us directly for further assessment if you have concerns about your symptoms.

CONTRACEPTION.

You can fall pregnant again even before your next period, so start contraception immediately. If you decide to take the pill then start the day after the operation and don't wait until your next period. If you are going to have an injection for contraception, then wait for 10 days before seeing your doctor. If you have chosen an IUD then you will need to wait until your first period but use some form of contraception in the meantime. And most importantly don't forget that condoms used as well, will protect you from sexually transmitted diseases, so always practice safe sex!

IF I FEEL A BIT DOWN.

It is not unusual to experience some grief after a stressful decision. This shouldn't last for long. If it persists then you should contact your local doctor. Don't forget that we can put you in contact with a professional counsellor if your local doctor is not available. If you need assistance with professional counselling contact us.

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DO I NEED A POST OPERATIVE CHECK UP?

It is recommended that you see your GP in 10 days time to make sure that there are no problems. Of course, if you are worried about anything or things aren't going as you expected then contact us at The Hampton Park Women's Health Care Centre on 03 97992817.

24 HOUR NUMBER IN CASE OF EMERGENCY: 03 97992817