

HOW TO REACH US IN CASE OF AN EMERGENCY:

If you experience problems after your procedure, calling us between 7am and 12 noon will allow us to assist you while an MD is available. If you experience an abortion-related problem, please call:

During office hours:

Monday-Friday...8:00 am to 5:00 pm
Saturdays... 8:00 am to 2:00 pm
(503) 221-1870
800-752-6189

After hours emergency only:

(503) 294-3088

If possible, call Lovejoy first before seeking care elsewhere. We will evaluate the problem and provide you with care at our health center if necessary at no additional cost, or help you get medical care elsewhere (at your own expense).

CALL RIGHT AWAY IF YOU:

- Are bleeding through two full size pads, front to back, each hour for 2 hours straight.
- Are passing two (2) or more blood clots larger than a 50 cent piece accompanied by strong cramping and bleeding.
- Are experiencing heavy cramping without relief from Ibuprofen or Vicodin.
- Have a temperature of 100.4 or greater.
- Have not had a period for 4 weeks or more after your procedure.

YOUR FOLLOW-UP VISIT:

- We recommend a check-up 2 weeks after your procedure
- There is no charge in our office
- Usually 30-60 minutes if you are on time
- Includes an exam to confirm your uterus is back to non-pregnant size
- May include a vaginal ultrasound
- Call office number to schedule
- Appointments are available Tuesday through Saturday.

Office hours:

Monday-Friday...8:00 am to 5:00 pm
Saturdays... 8:00 am to 2:00 pm
(503) 221-1870
800-752-6189

Lovejoy Surgicenter

Portland, Oregon

933 NW 25th Avenue
Portland, OR 97210
503-221-1870
800-752-6189

www.lovejoysurgicenter.com

Lovejoy Surgicenter

Portland, Oregon

What you can expect in the weeks following your abortion.

Our goal at Lovejoy is to deliver comprehensive, high quality health care to women.

Lovejoy has been the leader in implementing the highest standard of reproductive care as well as empowering and educating women to be participants in their own health care decisions.

933 NW 25th Avenue
Portland, OR 97210
503-221-1870
800-752-6189

www.lovejoysurgicenter.com

CRAMPING:

It is normal to have menstrual-like cramping after an abortion; they are a sign that your uterus is returning to its non-pregnant size.

To Relieve Cramps:

- Rest
- Use a heating pad
- Try a uterine massage: pressing from your belly-button down to your pelvic bone for 10 to 15 minute intervals will often help.
- Use pain relievers given and/or prescribed by your physician. Take as directed.

CLOTTING:

It is common to pass small clots (up to the size of an egg) after an abortion; and for increased cramping when passing clots.

BLEEDING AND DISCHARGE:

- Remember, this is not your period. This is post-abortion bleeding and it is normal.
- Your first period can be expected 4-6 weeks after your abortion. It may be heavier or lighter than your usual period.
- Normal bleeding can range from none to moderate menstrual-style bleeding, and can be off and on until you have your period.
- Heavier bleeding 3-7 days after your procedure can be normal, as can no bleeding at all.
- Vaginal discharge may range from clear, brown-tinged, dark brown or black in color.
- REMEMBER, worry about too much, not about too little.

BIRTH CONTROL:

An abortion does not affect your fertility or ability to get pregnant. **YOU CAN BECOME PREGNANT AT ANY TIME IF YOU ARE NOT USING BIRTH CONTROL**

- If you were given birth control, you should start the first Sunday after your procedure, **or as directed by your physician.** Check your birth control info sheet.
- Fill your prescriptions at any pharmacy
- See you primary care physician/gynecologist for more
- Always use a back-up method for the first month of birth control.

PREGNANCY SYMPTOMS:

- Nausea usually goes away in 24 hours
- Breast tenderness usually goes away in 2-7 days. If you are lactating, leaking fluid from the breast, or they are hard & engorged:
 - Wear a supportive bra
 - Avoid breast stimulation
 - Avoid hot pads and warm water
 - Use a cold pack
- The pregnancy hormones can take 3-6 weeks to leave your body so do not take a pregnancy test; it could still show positive. The best way to know you are no longer pregnant is to return for a 2 week check up.

PREVENTING INFECTION:

- Take all your antibiotics as directed
- You may want to check you temperature for a few days following your procedure.
- Do not:**
 - put anything in your vagina for 1 week; except Nuva Ring or prescribed medications
 - have sex for 1 week
 - use tampons for 3 days
 - swim, tub bathe, or douche for 3 days

ACTIVITY:

- No lifting over 20 pounds the 3 days following your abortion
- Strenuous exercise in the weeks following your abortion; including aerobics, jogging, hiking and other regular exercise, may cause heavier bleeding and cramping.

GENERAL ANESTHESIA PATIENTS

- It is a good idea to rest the first 24 hours after your procedure
- Start eating slowly with clear fluids before eating solid foods
- No driving until the day after your procedure

LOCAL ANESTHESIA PATIENTS

- No driving for 12 hours after your procedure
- You may return to work, school & normal activities the day after