

After Your Procedure

Reproductive Options and Services (ROSE) Clinic

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Learn more: <https://library.nshealth.ca/patient-education-resources>

- You will need to leave your name and a phone number for the nurse to call you back.
 - › **All voicemail messages are confidential.** We will return your call as soon as possible. Your conversation with the nurse is private and confidential.
 - › If it is an emergency, call 911 or go to the nearest Emergency Department right away.
- You can also call the self-referral line:
 - › Phone (toll-free): 1-833-352-0719
 - › Or visit: www.nshealth.ca/abortion

Support

- **Remember, you are not alone. If you would like to talk with someone, please call our counsellor.** This service is free. Your conversation with the counsellor is private and confidential.
 - › Phone: 902-473-4078

Call the Clinic or your primary health care provider if you have any of these symptoms:

- › Fever (temperature above 38 °C or 100.4 °F)
- › Bad-smelling discharge from your vagina
- › Bad cramping in your lower belly that does not go away with 1 or 2 doses of extra strength acetaminophen (Tylenol®), your usual pain reliever, or a hot pack
- › Heavy bleeding (soaking more than 2 pads an hour for 2 hours in a row)

If you are light-headed, dizzy, or have a very fast heartbeat (feeling like your heart is racing) with a lot of bleeding, go to the nearest Emergency Department right away. Do not drive yourself.

- If you have any of the above symptoms, or if you have any questions after your procedure, please call the Clinic nurse:
 - › Phone: 902-473-7072
 - › Hours: 7 a.m. to 3 p.m. (Monday to Friday)

After Your Procedure

After your procedure, follow these instructions:

1. You must have a responsible adult take you home by car. You will not be allowed to walk, drive, or take a taxi or a bus by yourself. You should also have someone stay with you at home and care for you for 24 hours (1 day). This is for your safety.
2. **For 24 hours after your procedure:**
 - › Do not drive a car or use heavy machinery.
 - › Do not make any important decisions or sign any legal documents or important papers.
 - › Do not drink any alcohol. Also, do not drink alcohol when taking pain medication.
 - › Do not act as a caregiver for others (like children or family members). Plan for help before your procedure, if needed.
 - › Do not exercise or play sports.
 - › Do not lift anything over 10 pounds.
 - › Eat regular meals as usual.
 - › Rest when you feel tired.
 - › You may have nausea (feeling sick to your stomach). This usually goes away within 24 hours.

3. To prevent an infection:

- › **Do not** put anything in your vagina (like a tampon, a penis, or fingers) for 48 hours (2 days) after your procedure.

At home

Bleeding and pain

- For 2 to 3 weeks after your procedure, you may have bleeding like your regular period, pass blood clots, have light bleeding or spotting, or not have any bleeding for days. You may also have period-like cramps.
- You should get your next period in about 4 to 6 weeks. This period is often heavier with more cramps than your regular periods.
- Take ibuprofen (Advil®) or acetaminophen (Tylenol®) to help with pain. **Do not** drink alcohol while taking pain medication.
- Your breasts may be tender for up to 7 days (1 week). It may help to wear a bra for support or use ice packs.
- Your nipples may leak a yellowish-white, milky liquid for about 14 days (2 weeks) after your procedure. This is common.

Make an appointment with your primary health care provider (family doctor or nurse practitioner) if these symptoms do not go away.

Sex

- You will ovulate (release an egg from your ovary) about 2 weeks after your procedure. **This means you can get pregnant if you have sex. Start using birth control as soon as possible after your procedure.**
- **You should use condoms for 7 days** after starting birth control pills, a patch, or a ring, so that the birth control has time to start working.

Other activities

- It is OK to swim, use a hot tub, shower, or bathe if your bleeding is light and your cramps are getting better.
- You may go to work or school the day after your procedure, as long as you take it easy and listen to your body.