

2019

# After Your Procedure

Nova Scotia Women's Choice Clinic



[www.nshealth.ca](http://www.nshealth.ca)

## Post-procedure instructions

- 1. You must have a responsible adult take you home by car. You should also have someone stay with you at home and care for you for 24 hours. You will not be allowed to walk home, drive yourself home, or take a bus or taxi. This is for your safety.**
- 2. For 24 hours after your procedure:**
  - Do not drive a car or operate heavy machinery.**
  - Do not make any important decisions, or sign any legal documents or important papers.**
  - Do not drink any alcohol for 24 hours, or while taking pain medication.**
  - Do not act as a caregiver for others (children or family members). Arrange for help before your procedure, if needed.**
  - Do not exercise or play sports.**
- 3. Your nurse will tell you what your blood type is before you leave the hospital. If you are Rh negative, your nurse will give you an injection. Your nurse will explain why you need this injection.**

## Call your primary health care provider if you have:

- Fever over 38° C/100.4° F.
- Bad-smelling vaginal discharge.
- Bad cramping in your lower abdomen (stomach area) that does not go away with 1 or 2 doses of extra strength acetaminophen (Tylenol®) (2 tablets every 4-6 hours), or your usual pain reliever.
- Heavy bleeding (soaking more than 1 pad per hour) that does not stop over 1 day. **Call right away if you do not feel well while you are bleeding.**
- Bleeding that lasts longer than a month.

If your primary health care provider is not available, go to the nearest Emergency Department **or call 911.**

## Preventing infection

- You will get 2 antibiotic pills (doxycycline) in the recovery room. If you can't take them before you leave the hospital, you can take them at home. Your nurse will tell you when to take them. Use a UVA sunscreen for the next 3-4 days. If you are allergic to doxycycline, your doctor may prescribe another antibiotic.
- Do not have sex, use tampons or douches, or use a hot tub or whirlpool for 2-3 days.

- Swimming, showering, and bathing are OK if your bleeding is light and your cramps are getting better.

## **What to expect after you go home**

1. 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 at times. You may have bleeding for 2-3 weeks.
2. You should have your next period in about 4-5 weeks. You will ovulate (release an egg from your ovary and be able to get pregnant) before your next period. Make sure you use birth control as soon as possible, unless told otherwise by your primary health care provider.
3. You may do normal activities (such as work, school, etc.) the next day (except those listed on the far left, under number 2).
4. Nausea (feeling sick to your stomach) usually goes away within 24 hours. Breast tenderness may last up to 1 week. Wearing a bra for support or using ice packs may help. Milky breast discharge may last a couple of weeks. See your primary health care provider if these symptoms do not go away.



## Followup visit

- Schedule a visit with the Women's Choice Clinic or your primary health care provider 2 weeks after your procedure for a checkup. **Even if you feel fine, be sure to go to this appointment.**
- You will be asked how you are feeling, if you have any symptoms that need followup, and what your birth control plan is. If you did not have any complications during your procedure, you should be able to have normal pregnancies in the future.
- Some primary health care providers will also do a pelvic exam to check that there is no tenderness and that your uterus is a non-pregnant size.

## Questions?

- If you have questions after your procedure, please call the nurse at 902-473-7072 from 7 a.m.-3 p.m., Monday to Friday.
- **All voicemail messages are confidential. We will return your call as soon as possible. Your conversations with the nurse and Counsellor are private and confidential.**
- You can also call the intake line toll free at 1-833-352-0719 or visit [www.nshealth.ca/abortion](http://www.nshealth.ca/abortion)

## Feedback

- To help us improve patient care, please send us your anonymous feedback by completing our survey 2 weeks after your procedure. We recommend waiting at least 2 weeks before sending your feedback in order to serve you better: <https://survey.nshealth.ca/TakeSurvey.aspx?SurveyID=9l3Mmn6M>

## Support

Remember that you are not alone. After your procedure, you may feel many emotions. **If you would like to talk with someone, please call our Counsellor at 902-473-4078.** This service is free.

### Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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*Prepared by: Nova Scotia Women's Choice Clinic*

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The information in this pamphlet is to be updated every 3 years or as needed.