

Instructions on Follow-Up Care

Now that you are ready to go home, we would like you to keep in mind a few important points for your health and safety. Every woman is an individual and each of you will react to the procedure in your own unique way. Let how you feel be your guide.

After the procedure, eat Light if you are hungry. Avoid greasy or heavy food, they may tend to make you nauseous because your stomach has been empty for a long period of time. We would like you to be moderately active the day of the procedure, try to walk 10 minutes out of every waking hour for the first two days. If your job requires continuous sitting be sure to get up every couple of hours and walk around. Walking lessens any discomfort you may have and can relieve cramping. If you have a long drive home, make sure to stop every hour and walk around. **GENERALLY** You are resume normal activities ---work school and housekeeping-tomorrow. You will probably feel best

avoiding strenuous activities for the next few weeks. Remember, **EVERYTHING IN MODERATION** Each woman experiences different and unpredictable patterns of bleeding, some bleed immediately, others off and on for a few days with small clots, some have spotting and cramping for 2-3 weeks, while others have little or no flow, which is normal for them. Any flow may be followed by heavy cramps as the uterus attempts to expel blood clots which may have formed. Short periods of moderate cramping may occur at isolated times for up to 2-3 weeks; however, they are usually of a short duration. Do not be concerned by changes in the color of the flow from time to time. It is only the amount of discharge that is significant.

A flow no heavier than your normal period is not a cause for worry. For relief from cramping any of the Ibuprofen derivatives (Aleve, Advil, NuPrin) or Tylenol may be taken. We do not recommend aspirin. Also try using a heating pad on a low setting, taking a hot shower, or getting up and moving around. It is normal to experience breast tenderness

and/or nipple leakage. We recommend wearing a tight fitting bra and avoiding any nipple or breast stimulation, including squeezing the nipple to check for any leakage! Even when taking a shower, avoid direct water contact are

with the breast. You may also feel a little tired or "blue" for a few days afterwards. Try to remember that you have undergone a difficult and trying experience-it is normal that you might feel a little less active than usual. A brief period of depression is quite normal and will pass in a few days.

This is mostly a side effect of hormonal changes in the body as the hormones return to pre-pregnancy level. Your next normal period should begin in 4-8 weeks, which means that any bleeding over the next couple of weeks is not your period, it is post operative bleeding. It is possible to get pregnant even before your next period; thus, if you wish to avoid another pregnancy at this time, use precautions and follow your birth control method. If you are starting birth control pills, you will begin them this coming Sunday and remember they will not protect you from getting pregnant until you have taken them for 2 weeks.

FOLLOW-UP EXAM:

Two to three weeks after your procedure you will return for a follow up appointment to make sure the procedure is complete and to assure that there have been no complications such as retained tissue or continuing pregnancy. Your follow up appointment is very important! This visit also gives you a chance to discuss and decide upon the contraception that is best for you.

FOR THE FIRST TWO WEEKS:

Until you return for your follow up appointment:

NO tampons

NO baths or douches (showers are great)

NO swimming or sunbathing

NO sexual intercourse--in short, nothing in your vagina!

NO strenuous exercise, including aerobics, jogging, lifting

NO continuous standing for intervals more than one hour at a time

Avoid caffeine, cigarette smoking, alcohol and aspirin.

INSTRUCTIONS FOR TAKING YOUR MEDICATIONS

It is necessary for every patient to start taking medication either prior to or following the completion of their termination procedure. Your individual medical history dictate whether you are dispensed medication from the clinic or given a specific prescription or prescriptions. Please follow the directions given to you, and if you are given prescriptions, purchase them at once and follow the instructions as written

If you were given birth control pills to start, begin them **THE FIRST SUNDAY** after your procedure. Remember the pills will not be effective in preventing pregnancy until you have been on them for **TWO WEEKS**.

WARNING SIGNS:

You should call the clinic immediately at 713-774-9706

if you experience any problems such as

FEVER (if your temperature goes above 100.4

SEVERE cramping or abdominal pains

HEAVY bleeding (more than two pads an hour) or bleeding for more than two (2) consecutive days heavier than your normal period.

DON'T WORRY IN ADVANCE, the chances of any of the above occurring are slight

It is important the you call this clinic if you experience

any of these warning signs, we will be best suited to

provide the proper care for you or advise you of where you should receive that care.

It is the policy of this facility that every reasonable effort be made to respond to a patient call within 30 minutes of the

In addition to notifying our facility, the patient may also contact an emergency room or present for care at a hospital. Calls will be answered by a registered or licensed vocational nurse or a physician. No matter how far away from us you

or when any problem occurs, be sure to call us immediately. Your calls will be answered 24 hours a day.

Patient

Signature _____

Witness

Signature _____ Date _____