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After Pregnancy Termination

Recovery after a pregnancy termination is brief and complications are rare. For several days after your procedure you can expect a moderate menstrual like flow. This may occasionally diminish and then get heavier, and you may experience cramps or pass clots. The flow generally lessens over several days. The symptoms of pregnancy rapidly disappear and are usually gone within three to five days. Useful guidelines to promote a speedy and safe recovery are:

- 1) You should not have intercourse or use tampons until the bleeding has stopped.
- 2) Rest as much as possible for the first twenty-four hours after the procedure. You may go back to work; however, make sure to take it easy and stay well hydrated.
- 3) If you have been prescribed birth control pills or the Nuva Ring follow the instructions you have been given.
- 4) Use Tylenol and/or Aleve for discomfort. A warm bath, heating pad or shower is helpful as well.

Generally, you will have a normal period within four to six weeks after the procedure, unless you are on birth control pills or have a Mirena IUD. If you have any questions or problems, during normal business hours, please call the office and speak with the Physician Coordinator at extension 124. If your problem is emergent and the office is closed, please first call the office number 603-622-3162 and have the physician on call paged. He/she should call you back within twenty minutes. Please do not go to the emergency room unless advised by the physician or you are unable to wait for a return call. Emergency Room visits are very time consuming and expensive.

If any of the following occur, call the office:

- 1) Persistent bleeding that is heavier than a normal period.
- 2) A temperature greater than 100.4⁰ F.
- 3) Severe abdominal or pelvic pain, nausea, vomiting, or any other significant symptom that continues despite rest and pain medications.

A follow-up pelvic exam is required two to four weeks following your procedure. There will be no charge for this visit if it is scheduled with our office and you are seen two to eight weeks following your procedure. You may also schedule this exam with your primary physician (your physician may charge for the appointment). Please let us know who you will see for your follow-up care. We will call you tomorrow to ask how you are feeling and to answer any questions you might have.