

POST-OPERATIVE INSTRUCTIONS

DISCHARGE MEDICATIONS

- Doxycycline 100mg. Start today. Take one blue capsule twice a day for 7 days. Take 15 to 20 minutes after eating a solid food. Doxycycline can cause nausea and vomiting if taken on an empty stomach.
- Metronidazole 500mg. Take all four white pills together tonight after dinner. Do not drink alcohol for 48 hours after taking this medication as this can cause severe vomiting.
- Ergonovine 0.2mg. One tablet 4 times a day for 2 ½ days.
- Other Medications _____
Rx: _____
- Contraceptive: _____
- Other: IUD, Depo, Condoms, Foam, VCF

Rho IMMUNOGLOBULIN INJECTION: ADMINISTERED NOT ADMINISTERED.

Make an appointment for your three-week check-up during the week of: _____. If you choose to see a Planned Parenthood clinician for your check-up, there will be a charge for these services. Please call your nearest Planned Parenthood Clinic or Private Health Care Provider a week in advance for your 3 week check-up.

IN CASE OF QUESTIONS OR EMERGENCY, CALL:

Please keep a copy of this sheet until after your 3 week - exam.

Houston Clinic Daytime: 7:30 am – 4:30 pm 713.831.6539 or Toll Free 1.800.831.6538

Houston Clinic Evening: 4:30 pm – 7:30 am 713.515.7701 or Toll Free 1.800.831.6538

Please use the evening phone numbers for medical emergencies only.

Call if: * You have heavy bleeding, soaking through two maxi pads an hour for two or more hours in a row.

* You have severe cramping that does not respond to ibuprofen (such as Advil, Motrin) or Aleve.

* You have chills and/or fever of 100.4 degrees Fahrenheit or more.

Please check your temperature with a thermometer before calling the nurse.

A nurse will return your call within 30 minutes. Please stay by the phone number you have given us until the nurse has returned your call. If she has not returned your call in 30 minutes, call again. Speak slowly and leave your Area code and phone number. With a medical emergency requiring immediate attention you may choose to be seen in an emergency room at your expense, or call 911.

I understand that the financial responsibility for emergency medical care **not** provided at Planned Parenthood is **my own**. Even if Planned Parenthood refers me to a hospital because of a complication, it will be **my responsibility** to arrange for payment of necessary fees, and not the responsibility of Planned Parenthood.

WHAT TO EXPECT

BLEEDING: Bleeding may be irregular, stopping and starting again and may last for 2 to 4 weeks. You may bleed as much as a heavy period, have very little spotting or bleeding, or not bleed at all. You may pass clots from the size of a pea to the size of a golf ball or larger. This is all normal.

CRAMPING: Cramping may also be irregular and can last for 2 to 4 weeks. Take medications containing ibuprofen such as Advil, Motrin (600-800 mgs every 4-6 hours), or Aleve (two regular strength pills every 6 hours). (Tylenol is less effective) Heat is also good for cramps – place a heating pad on your abdomen or lower back; or stand in the shower and let warm water run on your abdomen or lower back and massage your abdomen. A warm bath may also help.

DIZZINESS/DROWSINESS, NAUSEA/VOMITING: May be due to the sedation and may last for 24 hours following the procedure. Do not drive a vehicle before 24 hours have passed. Try taking a nap and eating a bland, nutritious meal, nothing fried or spicy.

**** SEE OTHER SIDE OF PAGE FOR FURTHER INSTRUCTIONS****

CLIENT CARE AND INSTRUCTIONS

- * You may resume normal physical activities tomorrow, or as soon as you feel well enough to do so.
- * **DO NOT** drive or do anything requiring balance or coordination for the rest of the day if you’ve had IV sedation.
- * **DO NOT** put anything in the vagina for 1 week after your procedure. This means no sexual intercourse, no tampons, and no douching for 1 week. **Exception:** If you have chosen NuvaRing as your birth control method you may insert it anytime within the next 5 days.
- * It is possible to get pregnant as early as two weeks after an abortion. Use an effective birth control method if you do not want to become pregnant.
- * **DO** have a check up three weeks after your procedure to make sure you are no longer pregnant and that there are no complications. This would be a good time to ask for a pap smear, breast exam or to screen for sexually transmitted infections. You can also talk with the health care provider about your birth control needs during this check-up.
- * For your 3-week Post-op Appointment, please call at least 1 week in advance the Planned Parenthood Clinic nearest you.
- * **Remember that there will be a charge for the 3-week check-up.**

HEALTH CENTER NAMES/ ADDRESSES		
SPRING HEALTH CENTER 4747 Louetta Rd. SPRING, TX 77388 713.514.1102	NORTHWEST HEALTH CENTER 13169 Northwest Freeway, STE 115 HOUSTON, TX 77040 713.514.1107	GREENSPOINT HEALTH CENTER 11834 AIRLINE DRIVE HOUSTON, TX 77037 713.514.1106
DICKINSON HEALTH CENTER 3315 GULF FREEWAY DICKINSON, TX 77539 409.945.5572 713.514.1105	SOUTHWEST HEALTH CENTER 5800 BELLAIRE BLVD, STE 120 HOUSTON, TX 77081 713.541.5372	BATON ROUGE HEALTH CENTER 3955 GOVERNMENT STREET, STE 2 BATON ROUGE, LA 70806 225.387.1167
PREVENTION PARK HEALTH CENTER Family Planning 4600 GULF FREEWAY, SUITE 100, 1 ST FLR. HOUSTON, TX 77023 713.522.3976	STAFFORD HEALTH CENTER 12614 SOUTHWEST FWY., SUITE A STAFFORD, TX 77477 713-514-1101	NEW ORLEANS HEALTH CENTER 4018 MAGAZINE STREET NEW ORLEANS, LA 77037 504.897.9200
NATIONWIDE Planned Parenthood Closest Clinic Referral Line 1.800.230.PLAN		

- * **DO** resume normal activities as soon as you feel well enough to do so: You should begin to feel normal within 24-48 hours. After your procedure your body will be undergoing some changes due to the drop in the pregnancy hormones. All pregnancy symptoms should disappear within 10 days; however, do **not** do a home pregnancy test until **three** weeks have passed because it will give you a false positive reading.
- ** Your first menstrual period will usually begin within 4 to 8 weeks.

In the event you have any concerns or complaints related to the services you received in our facility, please call the health center and ask to speak with the Health Center Director. We will make every effort to take care of your concern.

After talking to our staff, if you still have concerns you may contact the Texas Department of State Health Services to register a complaint.

Director
 Health Facility Licensure and Certification
 Texas Department of Health
 1100 W. 49th Street
 Post Office Box 149347
 Austin, Texas 78714-9347
 TOLL FREE TELEPHONE NUMBER: 1.888.973.0022
 Fax: (512) 834-6653
 E-mail: hfc.complaints@dshs.state.tx.us