Most women have no problems after abortion. Here are general instructions about what to expect and how to take care of yourself after the procedure. We’ve also included instructions for handling an emergency if one occurs.

Plan on relaxing for the rest of the day. Don’t drive if you had any sedation. Most women return to their normal activities the next day, but do NOT do hard work or heavy exercise for several days. This includes swimming, lifting heavy things, bicycling, or jogging. Fill and take any prescriptions you may have been given for antibiotics, birth control, or other medication.

Here is some information about issues that may worry you:

**Bleeding** — Some vaginal bleeding is normal after the abortion. It may be different from your period. It is normal to have no bleeding, spotting that lasts up to six weeks, heavy bleeding for a few days, or bleeding that stops and starts again. Call us right away if you soak two or more maxi pads an hour for two hours.

**Cramping** — You may have cramps. Use a heating pad or hot water bottle, take pain medication (like Tylenol or Motrin), and rest. **You can use Ibuprofen 800 mg every 6-8 hours for cramping. If you need to alternate with Tylenol 650 mg – 1000 mg every 6 hours, you can do that.**

**Sex** — Don’t put anything in your vagina (like tampons) or have sex for one week after the procedure. You can get pregnant again within two weeks of the procedure, so you should start your birth control as you were told by the clinic staff. We can help you if you haven’t chosen a method yet.

**Your next period** — When your next period will come depends on the birth control method you use. If you are not using birth control, you should have a period by eight weeks after the abortion. If you are not using birth control and you do not have a period 8 weeks after the abortion, call the clinic.

**Call us right away** if ANY of these things happen:
- soak two maxi pads an hour for two hours
- have abdominal pain or cramps that doesn’t get better with pain medication
- have a fever of 100.4° F or higher

If you have not spoken to a doctor or nurse 20 minutes after you call, or if you feel you are too sick to wait, go to the nearest emergency room or call 911.

Make an appointment to see us as soon as possible, or call the clinic if you
- have a bad smelling vaginal discharge
- still feel pregnant