



# What to expect after your procedure

Please take a moment to familiarize yourself with these frequently asked questions...

**What should I NOT do?:** For the next 14 days, do not have sexual intercourse and do not put anything in your vagina. Do not take baths and do not douche. No tampons. Don't do anything that might expose you to infection, and don't do anything that could tire you out and lower your resistance to infection.

**Will I have a fever?:** If your temperature is 100.4F or more, call us between 8am-10pm

**And Nausea?:** That should go away in a few days. Please call us if it doesn't. The morning following your abortion, you should resume normal activities. Feel free to return to work or school, take a shower, and resume activities such as walking or driving.

**If I am healing normally, when will I get my period again?:** Most women who have abortions start menstruating again 4 to 6 weeks afterwards. Some menstruate sooner. If you do not menstruate after 8 weeks, come to Choices. Please remember that you will be able to get pregnant as soon as you ovulate again, which will be 12 to 16 days before you get your period. That means you will be able to get pregnant again within days of your abortion.

**Will I bleed?** You might experience bleeding during the next 10–14 days. If you do bleed, a period-like flow is normal. It may stop and start, and the flow is often very dark red in color. Strenuous activity can increase bleeding.

If you soak through more than 2 sanitary napkins in 1 hour, you are experiencing heavy bleeding, and you should call us immediately.

**How can I tell if I am bleeding too much?:** If you are soaking through 2 or more sanitary napkins in 1 hour, you are bleeding heavily. Call us between 8am-10pm.

**How can I tell if I am bleeding too little?**

Some women don't bleed or have bleeding that stops and starts. However, if you are not bleeding and also experiencing severe cramps, call us between 8am-10pm.

**Will I be in pain?:** You might experience moderate cramping for a few days. You can take Tylenol (or any other aspirin-free pain medication) every 4 hours and use a heating pad on your abdomen over your clothes. If you don't feel relief after 4 hours, or if you experience sharp abdominal pain, call us.

## Emergencies

Seek Choices advice or care if the following occur:



- You soak through more than 2 pads within 1 hour
- Have sharp abdominal pain
- Have a fever over 100.4 degrees
- Have a foul vaginal odor

Call 718-786-5000 between 8:00 am-10:00 pm. Patients may speak to the nurse by remaining on the line for the after-hours representative. If emergency care is needed after 10:00 pm, please visit your nearest emergency room.

## Follow-up Visit:

\*\*\*You are to monitor for COVID-19 symptoms for 14 days following surgery and to contact Choices and your medical provider if you develop any symptoms.

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_.

Time: \_\_\_\_\_:\_\_\_\_\_ am / pm