

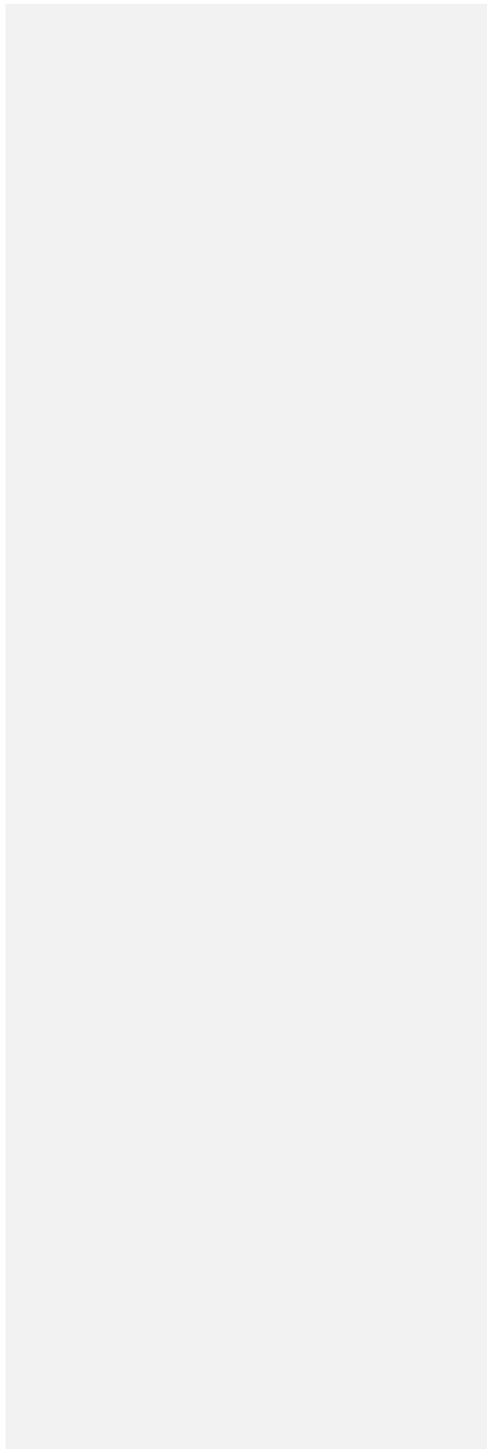


Surgical abortion

Return home



CENTRE DE SANTÉ  
DES FEMMES  
DE MONTRÉAL



## IMPORTANT INFORMATION PLEASE READ FOR YOUR RETURN HOME

In the days that follow the procedure...



Eat whatever you like.



You can return to your daily routine  
on the following day.



Avoid intense physical activities  
for 3 to 4 days.



Avoid drugs and alcohol for 48 hours  
after the procedure.



Rest if you feel that you need to.

In order to minimize the risk of infection, for 7 days after the procedure:

- No tampons or menstrual cups. Use only sanitary pads.
- No vaginal douche or vaginal deodorant.
- No sex with penetration.



## Bleeding

Bleeding can vary from one woman to another and from one procedure to another for the same woman.

- It usually starts immediately after the abortion or in the following 3 to 4 days.
- Some women do not have any bleeding. This is normal.
- Bleeding may be heavy in the first few days and can last 3 to 4 weeks, rarely more.
- Blood clots and brownish discharge are also normal.

- Bleeding can seem heavier when you get up in the morning, when you go to the bathroom, or if you are very physically active.
- Very heavy bleeding can be caused by intense physical activity, alcohol consumption, or by taking medications that contain aspirin.
- Women who use tampons may have the feeling that they have more bleeding than usual when they use a sanitary pad.



## Cramps

It's normal to have cramps after an abortion. Some women may worry if they have never experienced cramping before. To relieve the pain, you can:

- Take 2 tablets every 4 to 6 hours of an over-the-counter painkiller such as ibuprofen (Advil®, Motrin®)\* or acetaminophen (Tylenol®, Atasol®). Avoid aspirin.

- Apply a hot water bottle or a heating pad on your lower abdomen
- Walk



## Hormonal changes

Although very rare, you may experience these symptoms between the 3<sup>rd</sup> and 5<sup>th</sup> day following the abortion:

- Severe cramps
- Bleeding
- Blood clots
- Constipation
- Feeling bloated
- Engorged (swollen) breasts

These are not complications and can be relieved by:

- Resting
- Applying heat to the lower abdomen
- Taking 2 tablets every 4 to 6 hours of an over-the-counter painkiller such as ibuprofen (Advil®, Motrin®)\* or acetaminophen (Tylenol®, Atasol®).

Avoid aspirin.

*Do not take ibuprofen (Advil®, Motrin®) if you are allergic to aspirin. Instead take only acetaminophen (Tylenol®, Atasol®).*

Every woman is different. Some will have no issues after the abortion and others can find it more difficult even without experiencing complications.



## Pregnancy symptoms

Pregnancy symptoms will decrease gradually, from a few days to 2 weeks. It varies from woman to woman.

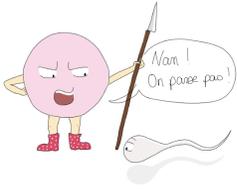
- Vomiting: nausea should disappear fairly quickly, within 24 to 48 hours after the procedure.
- Breast sensitivity: can take up to one week after the abortion.

If these symptoms persist for more than 7 days, contact us. Pregnancy test: It can remain positive for up to 4 weeks. This is normal since it can take that much time for the body to eliminate pregnancy hormones. Getting a pregnancy test 4 weeks after the abortion could be recommended for some women (available in drugstores and dollar stores).



## Next period

Your next period is likely to begin in the 4 to 8 weeks following the abortion. There is a risk of becoming pregnant if you have unprotected sex (without contraception).



## Contraception

You could ovulate and become pregnant as soon as 7 days after the procedure.

If you have chosen to start contraception, please start in this manner to maximise its efficacy:

Chosen method: .....

Date: .....

If you have had an IUD inserted post-abortion, you must make an appointment in order to have your IUD checked in the 4 to 8 weeks that follow. You can contact us at 514-270-6110 #2 to make the appointment or you can make it before you leave.



## Follow-up appointment

No follow-up appointment is required when having a surgical abortion. If you are worried and think you could be experiencing complications, contact us and we will make a follow-up appointment if necessary.

# IF YOU EXPERIENCE THE FOLLOWING SYMPTOMS

CONTACT US  
IMMEDIATELY OR CALL  
811 OUTSIDE OUR  
BUSINESS HOURS

WE ARE OPEN  
MONDAY TO FRIDAY  
FROM 8 :30 A.M. TO 4 :30 P.M.  
(CLOSED BETWEEN NOON AND 1 :00 P.M.)

**514 270-6110 #1**



Very heavy bleeding:  
2 sanitary pad per hours during 2 hours or  
blood clots the size of your fist



Cramps that can't be relieved with painkillers



Fever (38.0 C or 100. 4 F and above), chills or  
discomfort lasting more than 6 hours



Any abnormal vaginal discharge



Heavy and prolonged bleeding that last for  
more than 16 days

Surgical abortion is a safe and legal method that has been practiced at the Centre de santé des femmes de Montréal since 1982. Complications are rare.

We know that an abortion is a unique experience and can be an important moment in your life.

If you feel the need to talk about it, don't hesitate to do so with your loved ones, or contact us and we will refer you to professional resources.



## Centre de santé des femmes de Montréal

3401, avenue de Lorimier  
Montréal, Québec  
H2K 3X5

Monday to Friday  
8 :30 a.m. to 4 :30 p.m.  
(closed between noon and 1 :00 p.m.)

**514 270 6110 #1**

You may leave a message  
at all times.

Our services are available  
in French and English.

[www.csfmontreal.qc.ca](http://www.csfmontreal.qc.ca)  
[info@csfmontreal.qc.ca](mailto:info@csfmontreal.qc.ca)



CSFMontreal



centre.sante.femmes.montreal

Written by: Isabelle Tardif, Sylvie André et Anne Marie Messier

Layout: Géraldine Rogier

Translation: Kathy Chasles-Belec & Diana Lombardi

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Commenté [D1]: Même commentaires pour écrire  
l'heure ☺

