



**PROCEDURAL
ABORTION**

Return home



**CENTRE DE SANTÉ
DES FEMMES**

DE MONTRÉAL

IMPORTANT INFORMATION

PLEASE READ REGARDING YOUR RETURN HOME

In the days following the procedure...



Eat however you would normally eat, according to your tastes.



You can return to your daily routine the following day.



Avoid intense physical activities for the following 3 to 4 days.

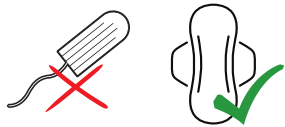


Avoid drugs and alcohol during the 48 hours after the procedure.



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.

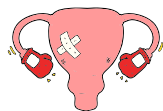


No sex with penetration.

Bleeding

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

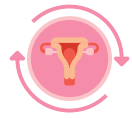
- It usually starts immediately after the abortion or in the following 3 to 4 days.
- Some women do not have any bleeding. This can be normal.
- Bleeding may be heavy in the first few days and can, rarely, last more than 3 to 4 weeks, rarely more.
- Blood clots and brownish discharge are also normal.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



Cramping

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 3rd and 5th day following the abortion:

- Severe cramps
- Bleeding
- 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.

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

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



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

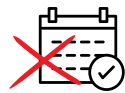
You could ovulate and become pregnant as soon as 7 days after the procedure.

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

Name of the method:

Date:





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.



Take care of yourself

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 to contact the following partner organizations:

SOS Grossesse (Québec) 418 682-6222 sosgrossesse.ca/fr

Grossesse Secours (Montréal) 514 271-0554 grossesse-secours.org

Take part in our discussion groups: “Après l'avortement”

The CSFM offers a space for women and people who have had an abortion, either recently or in the past, either at the clinic or elsewhere, to share and provide support to each other in an intimate group.

The support groups are primarily held in french, however the possibility exists to have support groups in english.

Registration: apreslavortement@csfmontreal.qc.ca or 514-270-6110

IF YOU EXPERIENCE THE FOLLOWING SYMPTOMS

CONTACT US
IMMEDIATELY OR CALL
811 OUTSIDE OUR
BUSINESS HOURS

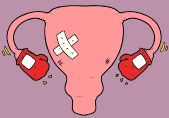
WE ARE OPEN
MONDAY TO FRIDAY
FROM 8 :30 A.M. TO 4 :30 P.M.
(CLOSED BETWEEN NOON AND 1 :00 P.M.)

514 270-6110 #1

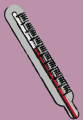


Very heavy bleeding:

2 sanitary pads per hour during 2 consecutive 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



If a urine pregnancy test is positive 4 weeks after the abortion



CENTRE DE SANTÉ
DES FEMMES

DE MONTRÉAL

**3401 avenue de Lorimier,
h2K 3X5, Montréal, Québec**

Monday to Friday
8:30AM to 4:15PM
(Closed between 12:00AM and 1:00AM)

514 270-6110 #1

It is possible to leave a
message at any time

Services are offered
in French and English

www.csfmontreal.qc.ca



CSFMontreal



csfm_montreal

