



# RETURNING HOME INSTRUCTIONS

**Instrumental  
procedure**



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.

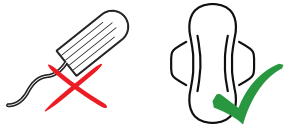


Avoid drugs and alcohol during the 48 hours after the procedure.



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.

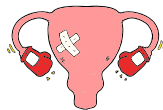


No sex with penetration.

## Bleeding

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

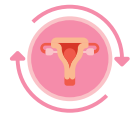
- It usually starts immediately after the intervention or in the following 3 to 4 days.
- Some women do not have any bleeding. This can be normal.
- Bleeding may be heavy in the first few days and can , rarely, last more than 3 to 4 weeks, rarely more.
- Blood clots and brownish discharge are also normal.
- 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 the procedure. 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. If these symptoms persist for more than 14 days, contact us.

- Vomiting: nausea should disappear fairly quickly, within 24 to 48 hours after the procedure. If this symptom persists for more than 5-7 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. It is necessary to repeat a pregnancy test 4 weeks after the intervention (available in drugstores and dollar stores). If the test is positive, contact us.

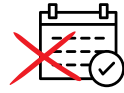


## Fertility and your next period

It is possible to ovulate, and thus become pregnant again, as quickly as 7 days after the procedure. Your next menstrual cycle should begin 4-8 weeks following the procedure, however it is possible that it takes up to 11-12 weeks. Call us if you have not started menstruating 12 weeks following the procedure.

If you have questions regarding methods of contraception, please contact us to speak with a nurse.





## Follow-up appointment

No follow-up appointment is required when having a procedural intervention. 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

Dilation and aspiration of the uterus 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 recognize that you may be going through a difficult period. If you feel the need, do not hesitate to contact the following resources specializing in perinatal grief:

If you feel the need to talk about it, you can contact the following partner organizations:

SOS Grossesse (Québec) 418 682-6222 [sosgrossesse.ca/fr](https://sosgrossesse.ca/fr)

Alternative naissance [alternative-naissance.ca](https://alternative-naissance.ca)

Parents orphelins : [parentsorphelins.org/](https://parentsorphelins.org/)

Info Ste Justine : [chusj.org/fr/soins-services/C/complications-de-grossesse/Deuil-perinatale-mort-perinatale](https://chusj.org/fr/soins-services/C/complications-de-grossesse/Deuil-perinatale-mort-perinatale)

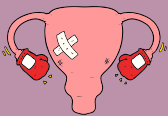
# IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

GO TO THE NEAREST EMERGENCY ROOM IF:

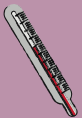


Heavy vaginal bleeding: 2 menstrual pads per hour for 2 hours or clots the size of a fist.

CONTACT US IMMEDIATELY OR CALL 811 OUTSIDE OF OUR BUSINESS HOURS IF:



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 your urine pregnancy test remains positive 4 weeks after your intervention

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**





CENTRE DE SANTÉ  
DES FEMMES

DE MONTRÉAL

**4689 avenue Papineau, Suite 300**  
**Montréal, QC, H2N 1V4**

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

**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](http://www.csfmontreal.qc.ca)**



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