



NORTHLAND

FAMILY PLANNING CENTERS

Thank you for choosing Northland Family Planning.

We were happy to support and care for you today, however it is important to continue taking care of yourself after you leave.

These instructions are also available on our website.

AFTER NORMAL HOURS EMERGENCIES

If you have a problem or concern that you feel requires immediate attention **after normal business hours**, **please call 1-800-612-0973**. If you are calling from outside of Michigan, **please call (248) 233-1081**. This number is for an **emergency only**. If you call, make sure you stay off the line and can accept blocked calls so the physician can reach you. Have a pharmacy number so the physician can call in a prescription, if needed. All attempts will be made to return your call within 30 minutes; often it will be 15 minutes.

If you do not receive a call back within an hour, call again.

Questions regarding how to take medication are not an emergency.

If you think you are having a medical emergency, call 911 immediately.

During business hours, call the office you were seen at.

The information in this packet will help you determine when you should call us. See page 2 for what to expect and what is not normal. While you were in the office, we reviewed your medication instructions with you; additionally the information is on this sheet, our website, and your prescription bottles. If you have medication questions, please call during normal business hours.

Medication Instructions

Start taking your medications the same day as your procedure. Take them until they are gone.

Note: Not all patients will be prescribed all 3 medications listed below. ****If you took the antibiotic Azithromycin before your procedure (and kept it down), you will not be given an additional antibiotic to take at home.**

1. **AZITHROMYCIN- your antibiotic:** Take all tablets immediately when you get home, on the day of your abortion, with food and a large glass of water. After this, you are done with Azithromycin.
2. **IBUPROFEN- your pain reliever:** One tablet is taken by mouth every 6-8 hours, if needed for pain. Take with food (no more than 4 pills in 24 hours) to help avoid an upset stomach.
3. **MISOPROSTOL:** One tablet is taken 3 times a day (1 tablet every 8 hours).

All medications should be taken with food and a full glass of water. Do not take medications on an empty stomach. Alcohol is not allowed while taking any of these medications.

Note to patients who live outside of Michigan: If you are given a prescription for a narcotic pain reliever, it must be filled in Michigan. It is suggested you fill non-narcotic pain relievers in Michigan as well.

SOUTHFIELD – STERLING HEIGHTS – WESTLAND

1-800-447-7354

www.northlandfamilyplanning.com

Emergency After Hours Number

Calling from Michigan: **1-800-612-0973**

Calling from outside of Michigan: **1-248-233-1081**

READ & TAKE HOME

RECOVERY AT HOME

After your abortion, it is important to give attention to both your physical and your emotional health. We approach abortion care with a philosophy of connecting your head and your heart. We know each influences the other.

Even though you may feel great quickly, you have had a surgical procedure. Not unlike other types of surgery, unavoidable complications, although rare, may occur. By paying attention to your body and following your homecare instructions, you can minimize the risk of complications.

Taking Care of Yourself After Your Abortion

- If you received any I.V. sedation, you cannot drive, operate heavy machinery or make any decision requiring clear judgment for 24 hours.
- Listen to your body. Get extra rest if you feel you need it, if you are easily fatigued, or if you have cramps or heavy bleeding.
- You may resume normal activities as soon as you feel up to it.
- Avoid heavy lifting (more than 25 lbs.) and strenuous exercise for at least one week.
- Pregnancy symptoms should be gone in one week or, at the latest, 10 days. If you are still having symptoms after 3 weeks, we would like to see you. It is important that you have a follow up visit in 2-3 weeks to be absolutely certain that you are no longer pregnant, and to be sure there are no complications or problems.
- A pregnancy test might be positive for the next month (this is normal), so it doesn't make sense to take one. Come in for your follow-up appointment if you are having continued pregnancy symptoms.

What to Expect During Recovery

- Bleeding and Clotting: NORMAL BLEEDING-- "Normal" bleeding after an abortion varies from person to person. You may have little or no bleeding for several days, only to start bleeding or notice an increase in 5-7 days. Many women will have bleeding much like a period, which may last for 3-5 days. Some women may have spotting for 2-4 weeks. Passing small or large clots is normal. Brown blood is just old blood being passed. If you are passing clots continuously for more than 25-30 minutes call us immediately. **If you are changing a full size completely filled pad* every 15-20 minutes for more than 2 hours, call us immediately.** If bleeding is less than that but heavier than you thought it would be, call the office in the morning. *See next page for a description of bleeding.
- Cramping: Mild cramping is normal. If you are out of prescription pain medication, you should be able to obtain relief by taking 2 Advil or Tylenol (NO Aspirin) every 3-4 hours and getting off your feet. Using an ice pack on your lower abdomen and/or a heating pad to lower back for 20 minutes every hour, or a uterine massage (massaging lower abdominal area) can also relieve cramping. If you have severe pain that is not relieved with pain medication for 2 hours or more, call us immediately.
- Temperature: If you have a fever of 100.4 degrees for more than 4 hours, despite taking Motrin or Tylenol, call us immediately.
 - Fever can be a symptom of a problem. It could mean infection and it's important that you report it. Infections occur infrequently, and are almost always associated with fever, abdominal pain, cramps or a smelly discharge and will most likely occur in the first week.
- "Feeling Sick": If you have vomiting, diarrhea, weakness, or feeling anything abnormal, with or without fever, for more than 4 hours AND it has been at least 24 hours since your surgery, call us immediately.
- Your Next Period: Your period should start 4 to 8 weeks after your abortion. Your first period might be like a normal period or it could be very light or very heavy with clots. **If you do NOT have a period within 8 weeks, call us immediately.**

HOW MUCH AM I BLEEDING?

Scant amount

Blood only on tissue when wiped or less than one-inch stain on maxi pad within one hour.



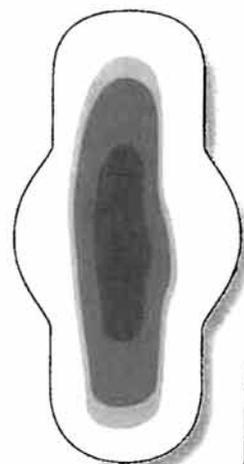
Light amount

Less than four-inch stain on maxi pad within one hour.



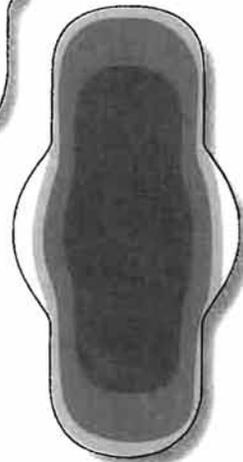
Moderate amount

Less than six-inch stain on maxi pad within one hour.



Heavy amount

Saturated maxi pad every 15-20 minutes for greater than two hours.



BIRTH CONTROL

1. **Birth Control Pills or Birth Control Patch:** Begin taking the Sunday following your procedure. You are not protected for the first 7 days, so use a back-up method such as condoms. If you have any questions or concerns call us right away. DO NOT stop taking your pills.
2. **Depo Provera (Birth Control Injection):** You can get this immediately following your procedure or at your follow-up appointment for a minimal charge. You are not protected for the first two weeks after administered. Use a back-up method such as condoms.
3. **NuvaRing (Vaginal Ring):** NuvaRing can be inserted immediately following your procedure. You are protected against pregnancy immediately but are strongly advised not to have intercourse for two weeks to avoid infection or complications from the abortion. You can also get NuvaRing at your follow-up appointment. If inserted after your follow-up appointment you will not be protected from pregnancy and must use a back-up method, such as condoms, for the first 7 days after inserted.
 - If you need a new birth control prescription, please do not call us to request a change.
 - No doctor? Consider our Quick Start! Low-Cost Birth Control Program for pills you can buy in our office, or come in to our Gynecology Clinic for a visit with our Nurse Practitioner. We offer IUDs and Nexplanon as well!
 - No insurance? See if you are eligible for the Healthy Michigan Plan, which will cover family planning services without a co-pay. Apply online at <https://www.michigan.gov/healthymiplan> or call the Michigan Health Care Helpline at 1-855-789-5610. We are in network with this program.

FOLLOW-UP EXAM

The next business day (or day after a holiday), following your abortion, we will call you to see how you are feeling. If you have no problems or symptoms after your abortion, a follow-up exam is not necessary. We do recommend a follow-up appointment if you are concerned about any symptoms, you have not started a period within 8 weeks of your abortion, if you think you may still be pregnant, or you need further emotional care. Northland offers a follow-up exam with our Nurse Midwife free of charge if scheduled within 4 weeks of your abortion. There is never a charge for a follow-up exam if you are experiencing a problem or complication.