NORTHLAND
FAMILY PLANNING CENTERS

Thank you for choosing Northland Family Planning

After Normal Hours Emergencies

If you have a problem or concern that requires immediate attention **after normal business hours, please call 1-877-496-8513,** outside of Michigan, please call 248-233-1081. These numbers are 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. 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. During business hours, call the office where you were seen.

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

Medication Instructions

Start taking your medications the same day as your procedure and take them until they are gone. All medications should be taken with food and a full glass of water.

Note: Not all patients will be prescribed all 2 medications listed below.

1. **AZITHROMYCIN- your antibiotic:** If you took this in the clinic before your procedure, you will not be given an additional antibiotic to take at home. If you did not take it before your procedure, take all tablets immediately when you get home, on the day of your abortion.

2. **IBUPROFEN- your pain reliever:** One tablet is taken by mouth every 6 hours (no more than 4 pills in 24 hours), if needed for pain.

Recovery at Home

Taking Care of Yourself After Your Abortion

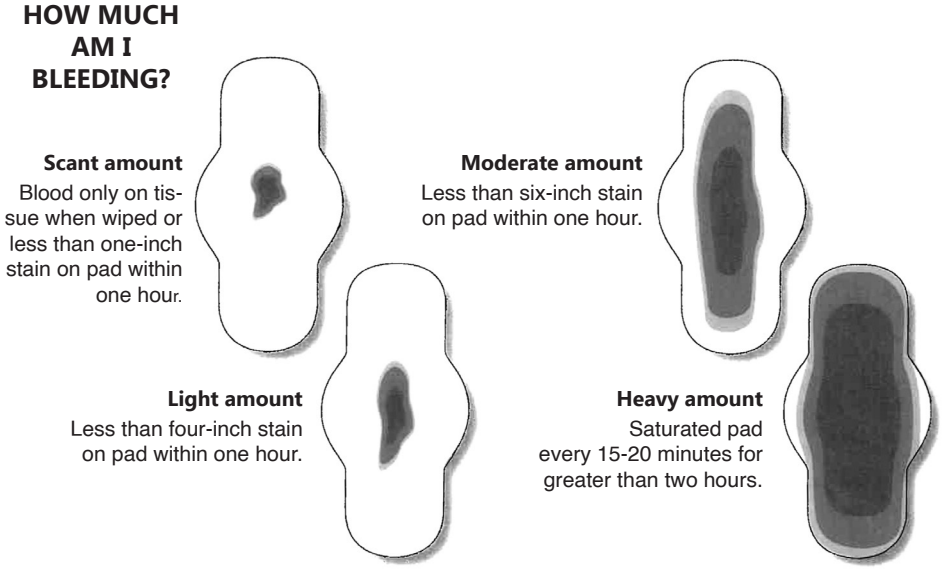
- If you received any I.V. sedation, you cannot drive, operate heavy machinery or make any decision requiring clear judgment for 24 hours.
- Listen to your body. Get extra rest if you feel you need it, if you are easily fatigued, or if you have cramps or heavy bleeding.
- You may resume normal activities as soon as you feel up to it.
- A pregnancy test might be positive for the next month (this is normal) but if you are still experiencing pregnancy symptoms after 2 weeks, call for a follow up appointment.
- 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.**

1-800-447-7354

www.northlandfamilyplanning.com

What to Expect During Recovery

- Bleeding and Clotting: "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 people will have bleeding much like a period, which may last for 3-5 days. Some people 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 1 hour call us immediately. **If you are soaking a full size 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 during normal business hours.
- Cramping: Mild cramping is normal. If you are out of prescription pain medication, you should be able to obtain relief by taking 2 Ibuprofen or Tylenol (NO Aspirin) every 6 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 Ibuprofen or Tylenol, call us immediately. Fever can be a symptom of infection, and it's important that you report it. Infections are rare, but are associated with fever, abdominal pain, cramps or a smelly discharge.
- "Feeling Sick": If you have vomiting, diarrhea, weakness, or experience anything abnormal for more than 4 hours AT LEAST 24 hours after your procedure, call us immediately.



FOLLOW-UP

If you have no problems 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, or if you think you may still be pregnant. There is never a charge for a follow-up exam if you are experiencing a problem or complication.

BIRTH CONTROL

If you are starting the birth control pill, patch, or vaginal ring, you can start taking those methods immediately after your procedure.