



PREGNANCY
ADVISORY SERVICE



SOUTH MANCHESTER
PRIVATE CLINIC



Abortion Aftercare

Your Guide to Advice & Information
Following an Early Medical or
Surgical Abortion

Tel: **0845 359 6666**

Tel: **(01) 874 0097**

REPUBLIC OF IRELAND (R.O.I)

www.smpclinic.co.uk



Aftercare Line

Tel: 0845 359 6666

Tel: (01) 874 0097

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Nurses are available throughout the day (including weekends, bank holidays and overnight when the clinic is closed) to discuss any worries you have.



Abortion Aftercare

Early Medical

Thank you for choosing our clinic. We hope the treatment and care you received has met your needs. This leaflet provides you with information about your aftercare following the medical abortion. It includes what is normal, how to recognise problems and who to contact for advice.

What to expect from a medical abortion

1st part of the treatment

You may feel sick for a few hours after taking the tablet. Some clients may experience side effects from this medication such as nausea and/or a headache. In rare cases you may have a flushed face or skin rash. Please contact the Aftercare Line immediately if you experience either of these symptoms. If you vomit within one hour of taking the tablet, please contact the clinic. You may need to return for a repeat dose.

Some clients may have bleeding vaginally before the next stage (*2nd part*). If this happens please wear a sanitary pad; do not use a tampon. Bleeding like a heavy period is acceptable. However, if the bleeding concerns you or you react badly to the medication, you must contact the clinic immediately.

2nd part of the treatment

The nurse giving you the medication at this stage will ask if you have had any problems since the 1st part. If you have, please tell her before you start the 2nd part.

Following the 2nd part of the procedure you must go home in a car or taxi as it is not safe to travel on public transport or drive yourself home. Also, you must have a responsible adult to look after you and any dependants you may have for the duration of the second part of this treatment.

Side effects

The medication can cause diarrhoea, sickness, hot flushes and chills. Usually these symptoms disappear within a few hours.

Bleeding

The bleeding usually begins about two hours after the medication is given. Most women will bleed for approximately 2-4 hours. It may start as light blood loss but will get progressively heavier until you miscarry. You will also pass blood clots.

Once you have miscarried the bleeding will gradually reduce but you will continue to have bleeding similar to a period for 7-12 days.

Ensure you use sanitary towels until your next period. Do not use tampons. This will help you to keep track of the blood loss and prevent infection.

Pain

You will have pain because your uterus (*womb*) contracts to expel the pregnancy. At the start this will be like a period pain but just before you miscarry the contractions can become **much** stronger. After you have miscarried the pain will gradually reduce but you can have some mild discomfort for the next 24 hours.

You are usually given pain relief prior to leaving the clinic. The nurse will have discussed what pain relief you can take once you are at home. This is very important so you do not take too much pain relief.



Do not take Aspirin. A heat pad or hot water bottle may help to relieve the pain too.

You **must** repeat a pregnancy test in **4 weeks**. This is to ensure the treatment has been successful. If the pregnancy test is positive we will arrange for you to have a scan. If the scan reveals the treatment has failed and you are still pregnant, a surgical termination of pregnancy will be arranged for you. It is not recommended that you continue with the pregnancy due to the risk of fetal abnormality from the medication you have taken.

No bleeding or pain?

Most clients will miscarry within 24 hours of taking the medication but each client responds differently. If you have not had any bleeding or pain within 4 days of the 2nd part of the treatment or you are concerned that the treatment has failed, please contact the Aftercare Line to speak to a nurse.

Post procedure check

You are advised to have a check-up in 4 weeks time. You should have repeated your pregnancy test by then. The check-up can be at this clinic, FPC, GP or the clinic that referred you to us.

Contraception

It is important to remember you can become pregnant before you have your next period. Contraception such as the Depo Provera injection, contraceptive pills or the implant can be given at the 2nd part of your treatment, although this must be prescribed and consented to at the 1st part of the procedure.

If you want a coil, this would be fitted at a later date when you have a negative pregnancy test and you must not have had sexual intercourse since your treatment to ensure there is no likelihood of a new pregnancy.





Taking care of yourself

Do's and don'ts

- You should rest for 24 - 48 hrs following the procedure
- Eat healthily, including green leafy vegetables to maintain your iron levels
- You can have a warm shower or a quick bath
- Do not soak in a hot bath or use bath oils, foam or bubbles for 2 weeks
- Do not use tampons until your next period because of the risk of infection
- Avoid strenuous activity (*including exercise and horse riding*) for 2 weeks as this can cause you to bleed more heavily
- Swimming is not recommended for 3 weeks due to the risk of infection
- You should take a few days off work. If your job involves heavy lifting or is physically demanding you should have 1 week off

Sex

It is important to remember you can become pregnant before you have your next period. We do not recommend you have sex for 3 weeks due to the risk of infection.

Breast discomfort and leaking

If you had breast discomfort prior to your treatment it may take a week before symptoms subside. If you are still experiencing discomfort after 2 weeks please contact the Aftercare Line to speak to a nurse.

It is unusual for clients whose pregnancy was less than 12 weeks to have leaking breasts. Please ring for advice if you are concerned.

If your breasts are painful, tense, hot and have an inflamed/red area you may have an infection. Please contact the Aftercare Line or your own GP.

Sickness / nausea

If you had sickness or nausea prior to your treatment it may take a week before symptoms subside. The medication you took can also make you feel sick. However, if there is no improvement after 2 weeks please contact the Aftercare Line to speak to a nurse.

Infection

You will have been given two different types of antibiotics during your treatment (*unless you are allergic to them*). However, sometimes tiny pieces of tissue that do not come out at the time of the miscarriage may become infected.

Signs of infection are:

- High temperature, flu-like symptoms or feeling shivery
- Unpleasant smelling vaginal discharge
- Excluding the time of miscarriage - ongoing bleeding that is heavier than your heaviest period
- Excluding the time of miscarriage - ongoing pain more severe than a period pain

Please contact the Aftercare Line if you are concerned.

Travelling / holidays outside the UK

It is not advisable to go on holiday anywhere until you have had a 4 week check-up and negative pregnancy test. Your travel insurance company may not cover any problems incurred if you have not informed them. You are advised not to swim for 3 weeks due to the risk of infection.

Post - abortion counselling

Having an abortion is a significant event in a woman's life. All women deal with this event in different ways. Some will feel confident in their decision whilst others may struggle to come to terms with it.



If you would like to talk to someone about the feelings and emotions you are experiencing, please call us and we can refer you on to a counselling service.

Remember if you are worried about anything contact our Aftercare Line

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Abortion Aftercare

Surgical Procedure

Thank you for choosing our clinic. We hope the treatment and care you received has met your needs. This leaflet provides clients with information about your aftercare following a surgical abortion. It includes what is normal, how to recognise problems and who to contact for advice.

What to expect following a surgical abortion

Bleeding

Bleeding varies from slight bleeding to as much as your heaviest period, depending on the stage of the pregnancy. It is normal to bleed for 7-14 days after the operation and you may pass small clots (*50p size*) for a couple of days. As a guideline, base it on your own period - the bleeding should never be heavier than your heaviest period.

If your pregnancy was early (*5-7 weeks*) you may only have a scanty blood loss. This does not mean your treatment has failed. Please repeat your pregnancy test in 3 weeks as requested.

Ensure you use sanitary towels until your next period; do not use tampons. This will help you to keep track of the blood loss and prevent infection.

If the bleeding lasts longer than 2 weeks or you are concerned about it, please contact us on the Aftercare Line.

If your pregnancy was less than 8 weeks

All methods for terminating a pregnancy under 12 weeks carry a small risk of failure, resulting in a continuing pregnancy requiring further treatment (0.23%).

The risk of failure is slightly higher in very early pregnancies (*approximately 1%*). Therefore, patients who opt to have the procedure performed under 8 weeks of pregnancy must be aware of this.

Our policy is to be supportive to our patients whilst giving informed choice.

If you had a termination of pregnancy under 8 weeks it is very important that you contact the clinic if you:

- Suspect you are still pregnant.
- Have sickness or breast tenderness.
- Have symptoms more severe than those you normally experience during a period - particularly abdominal cramps
- Have not had a period within 6 weeks of the procedure

We advise you to carry out a reliable pregnancy test 3 weeks after the procedure. The pregnancy hormone (HCG) leaves the body gradually following the operation. Therefore, it is not recommended you repeat this test before 3 weeks as you may get an invalid (*false*) result. If the test is positive please ring the Aftercare Line and speak to a nurse.

Post procedure check

You are advised to have a check-up in 3 weeks time. The check-up can be at this clinic, FPC, GP or the clinic that referred you to us.



Contraception

It is important to remember you can become pregnant before you have your next period. Although it is not recommended that you have sexual intercourse before 3 weeks, you must make arrangements with us, your GP or FPC immediately for contraception to prevent an unplanned pregnancy.

We offer a vast selection of contraceptives - pills, injections, implants, coils and condoms.

If you had an implant or coil fitted you will have been given an information leaflet and card detailing the date fitted and latest date the device should be removed.

If you had the Depo Provera contraceptive injection you will have been given the information leaflet detailing the date given and when you need a repeat dose.







Taking care of yourself

Do's and don'ts

- You should rest for 24 - 48 hrs following the procedure.
- Eat healthily, including green leafy vegetables to maintain your iron levels
- You can have a warm shower or a quick bath.
- Do not soak in a hot bath or use bath oils, salts, foam or bubbles for 2 weeks
- Do not use tampons until your next period because of the risk of infection
- Avoid strenuous activity (*including exercise and horse riding*) for 2 weeks as this can cause you to bleed more heavily
- Swimming is not recommended for 3 weeks due to the risk of infection
- You should take a few days off work. If your job involves heavy lifting or is physically demanding you should have 1 week off

If you have had a general anaesthetic you must **not drive** for at least 48hrs. Please check your individual insurance policy. If you are involved in an accident you may not be covered by your insurance.

If you have had a general anaesthetic you must not smoke until after you have had a meal or you may feel faint.

Sex

It is important to remember you can become pregnant before you have your next period. We do not recommend you have sex for 3 weeks due to the risk of infection.

Breast discomfort and leaking

If you had breast discomfort prior to your treatment it may take a week before symptoms subside. If you are still experiencing discomfort for more than 2 weeks please contact the Aftercare Line to speak to a nurse.

It is unusual for clients whose pregnancy was less than 12 weeks to have leaking breasts. Please ring for advice if you are concerned.

Clients whose pregnancy was over 14 weeks may develop discomfort and leaking breasts. Please don't press or squeeze the breasts as this will only stimulate them more. Just wear a well-fitting bra, avoid touching them and take pain relief. Usually these symptoms will subside within a few days.

If your breasts are painful, tense, hot and have an inflamed/red area you may have an infection. Please contact the Aftercare Line or your own GP.

Infection

You will have been given two different types of antibiotics during your treatment (*unless you are allergic to them*). However, sometimes tiny pieces of tissue that are not removed during the operation may become infected.

Signs of infection are:

- High temperature, flu-like symptoms or feeling shivery
- Unpleasant smelling vaginal discharge.
- Ongoing bleeding that is heavier than your heaviest period
- Ongoing pain more severe than a period pain

Please contact the Aftercare Line if you are concerned.



Travelling / holidays outside the UK

It is not advisable to go on holiday anywhere until you have had a 4 week check-up and negative pregnancy test. Your travel insurance company may not cover any problems incurred if you have not informed them. You are advised not to swim for 3 weeks due to the risk of infection.

Post - abortion counselling

Having an abortion is a significant event in a woman's life. All women deal with this event in different ways; some will feel confident in their decision whilst others may struggle to come to terms with it.

If you would like to talk to someone about the feelings and emotions you are experiencing, please call us and we can refer you on to a counselling service.

Remember if you are worried about anything contact our Aftercare Line

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REPUBLIC OF IRELAND (R.O.I)

Complaints

We are committed to providing high standards of care to all our clients.

If you feel disappointed with any aspect of the service, please ask to see the Duty Manager.

If your complaint is of a serious nature, we request you put it in writing to the Registered Clinic Manager. Your complaint will be acknowledged within 48 hours and a detailed response will be sent out to you within 20 days.

If you are not happy with the response you receive you may write to: **The Chief Executive Officer**
5 Arthur Road, Edgbaston, Birmingham B15 2UL

We will arrange a review of your complaint. Your letter will be acknowledged within 48 hours and a detailed response will be sent out to you within 20 days.

Notes

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LIST OF ALL OUR TREATMENT CLINICS

SMPC-PAS AFTERCARE 8/2012



BLACKPOOL PAS

93 Abingdon Street,
Blackpool
FY1 1PP

T: 01253 293 096

F: 0845 659 0666

BOLTON PAS

4 & 5th Floor, Nelson House
Nelson Square
Bolton BL1 1JT

T: 01204 521 400

F: 0845 659 0666

MACCLESFIELD PAS

New Alderley Building
Macclesfield District
General Hospital, Victoria Road
Macclesfield SK10 3BL

T: 0161 487 2660

F: 0845 659 0666

MANCHESTER PAS

32 Lever Street
Manchester
M1 1DE

T: 0161 228 1887

F: 0845 659 0666

MANSFIELD NUPAS

Rosemary Street Health Centre
Rosemary Street, Mansfield
Nottingham NG19 6AB

T: 0115 962 1450

F: 0115 969 2869

NEWARK NUPAS

Newark Health Centre
14-22 Portland Street, Newark
Nottingham NG24 4XG

T: 0115 962 1450

F: 0115 969 2869

SHERWOOD NUPAS

493 Mansfield Road
Sherwood
Nottingham NG5 2JJ

T: 0115 962 1450

F: 0115 969 2869

SOUTH MANCHESTER PRIVATE CLINIC

136 Chester Road,
Hazel Grove
Stockport SK7 6HE

T: 0161 487 2660

F: 0845 659 0666

STOKE PAS

Wharf Street
Newcastle-Under-Lyme
ST5 1JZ

T: 01782 632 784

F: 01782 717 187

WOLVERHAMPTON PAS

45 Queen Street
Wolverhampton
WV1 3BJ

T: 01902 421 131

F: 01902 425 690

FOR FURTHER INFORMATION

Tel: **0845 359 6666**

Tel: **(01) 874 0097** (R.O.I)

Email: **info@smpclinic.co.uk**

www.smpclinic.co.uk

Scan me!

