

AFTERCARE INSTRUCTIONS: Uterine Aspiration

General Instructions



It is best to rest for the first 24 hours. Avoid heavy lifting (>20 lbs.) and strenuous exercise.



Do not take a bath, use a hot tub or go swimming for 1 week after the procedure. You may take showers.



Do not drive if you are using narcotic pain medications.



If antibiotic medications were prescribed, please finish the course to prevent infection.



Do not put anything in your vagina for 2-3 weeks following the procedure. This includes tampons, sexual intercourse, or douching. Use pads for your bleeding.



Return to normal physical activity gradually after 1-2 days post procedure.

Preventing Infection



Do not put anything in your vagina for 2 weeks following your procedure to help decrease the risk of infection, including no tampons and no sex.

What Is Normal?

Bleeding



It is normal to have some bleeding after your procedure. The bleeding may be light and last only a few days, or it may be somewhat heavy (like a heavy menstrual period) and last up to 2-3 weeks. Some women also pass blood clots. **Please call us if your bleeding is so heavy that you soak through more than 2 maxi pads per hour.**

Cramping



Most women experience cramping after the procedure, but the intensity and duration is different for each person. Things that can help include using a heating pad or hot water bottle on your abdomen, taking pain medicine (Ibuprofen, Tylenol, prescription pain medicine), or uterine massage. **However, if your cramping does not get better after trying these things please call us.**

Breast Tenderness



If you are farther along in your pregnancy you may have breast tenderness, and your milk may come in -also called engorgement. You should wear a tight-fitting bra during both the day and night to prevent this. Cold packs and ice can also help decrease engorgement and discomfort. You should avoid warm packs or heating pads as this can increase engorgement. Ibuprofen and Aleve can also help with any discomfort. A low-grade fever (less than 100.4 °F) can also occur.

Menstrual Period



Your next menstrual period should come within 4-6 weeks after your procedure. Sometimes the first period is not like your regular periods -it can be heavier or lighter, longer or shorter than normal. This should go back to normal within a month or two.



You can get pregnant at any time if you are not using birth control, even if you aren't having regular periods. Start your birth control as instructed by your doctor.

When To Call?

Call us if you experience any of the following symptoms:



You have a fever higher than 100.4 °F (38 °C).



You bleed or soak through 2 maxi pads per hour.

You pass two or more blood clots larger than the size of an egg, accompanied by strong cramping or heavy bleeding.



Severe cramping or persistent abdominal pain that is not controlled with pain medication (prescription pain medication you were given, Ibuprofen or Tylenol).



You have yellow, green, or foul smelling vaginal discharge.



Your pregnancy symptoms do not go away, improve or lessen within 7 days (e.g. nausea, breast tenderness, etc.).



You are experiencing significant emotional distress, or you have any other concerns or questions regarding the procedure.

Follow Up Visit



You will not have a scheduled follow-up visit unless you or your provider requests one. Please feel free to call to schedule a follow up if you have any of the above symptoms or have any questions or concerns.