

## After you leave us

- It is helpful for you to have an adult at home with you who can support you during this process and give assistance should you require it
- Some abdominal discomfort or cramps is normal. Simple pain relief such as Panadol or Nurofen may be taken, a hot water bottle can be comforting
- Feeling tired for a few days is normal
- Passing small blood clots is normal
- The amount of bleeding each woman has varies. Gradually the bleeding begins to lessen and may turn a darker brownish colour. The average duration of bleeding is nine days (but may range from 1-14 days). Some women bleed off and on until their next menstrual period. Be aware that heavy lifting may increase bleeding so try to avoid this for a few days
- Breast tenderness, morning sickness and other symptoms of pregnancy should stop within a few days. Some women find their breast secrete a milk like substance as their hormone levels reduce. Avoid massaging your breasts and wear a firm bra. See your doctor if this continues for more than one month

- You can get pregnant after your termination if you have unprotected sex. If you don't want to become pregnant, be sure to start using a reliable birth control method. If you were undecided about contraception when you were in the clinic, talk with your doctor to prevent further unwanted pregnancies.

### Without birth control you can get pregnant immediately after your termination

- Do not put **anything** inside your vagina for **two** weeks after your termination to reduce the risk of infection
- Do not go into a swimming pool or spa until the bleeding stops
- Your next period should come in 4-6 weeks after your termination. This may be heavier than normal and you may pass clots.

It is important that you return to your GP or Family Planning within 2 weeks of your termination.

#### **This is important:**

- To make sure that you have made a full recovery
- To talk about how well your chosen method of contraception is suiting you

## Post termination - feelings and emotions

Women may experience a number of feelings after a termination of pregnancy. These are often mixed feelings and are quite normal. Some of these feelings could be relief, gratitude, sadness, anger, guilt, doubt, depression, rejuvenation, regret and a sense of getting back to normal or of having no regrets at all.

It is important to know that your feelings are valid no matter what they are, and that having negative feelings does not necessarily mean you made the wrong decision.

### Counselling

A counsellor can assist you in talking about your feelings. If you would like to meet with one of our counsellors, please call to make an appointment on (09) 631 0740 option 3

Another good resource is:

[www.abortionconversation.com](http://www.abortionconversation.com)

## When to ring or to seek help from your GP or Family Planning

If you experience **any** of the following symptoms;

- Clots larger than a \$2 coin or heavy bleeding that soaks a pad within one hour, or 2 pads per hour for 2 hours in a row
- Feeling light headed or dizzy
- Severe, persistent abdominal pain or cramps that are unrelieved by simple pain medication.
- A temperature over 38 degrees
- Feeling generally unwell, feeling hot and cold, sweats and chills
- If you have an unpleasant (smelly) vaginal discharge
- If you continue to feel pregnant one week after the termination

If you have any questions and want to **speak with a nurse**, ring (09) 6310740 choose option **2**, **Monday to Friday 7.30am to 4.30pm**

**If you think you have an emergency, call an ambulance or go to your nearest hospital.**

Central Residents:

Auckland City Hospital/Women's Assessment Unit: Ph 3670000 ext 25900

South & Eastern Auckland residents:

Middlemore Hospital: Ph 2760000

North Shore & West Auckland residents:

North Shore Hospital: 4861491

The National Women's Health website has good, accurate and up to date information which you may find helpful.  
[www.nwhealthinfo.co.nz](http://www.nwhealthinfo.co.nz) > Gynaecology > Termination of Pregnancy



## Epsom Day Unit

### Information for women

## After Care following a Surgical Procedure

Tena koutou katoa, Kia orana, Talofa lava,  
Malo e lelei, Fakaalofa lahi atu, Taloha Ni,  
Ni Sa Bula Vinaka,  
Greetings and Welcome to National Women's Health

Auckland District Health Board  
National Women's Health