

## After you leave us/ what to expect

- Some bleeding and cramping are necessary for the pregnancy tissue to be passed. Most women will pass the pregnancy tissue within 4 to 6 hours after taking Misoprostol. Bleeding may be much heavier than a normal period, potentially with severe cramping.
- You may or may not notice the passage of the pregnancy tissue. After the pregnancy tissue has passed, light bleeding can last for up to 3 weeks.
- You will receive instructions to reduce the pain, please follow them and take all prescribed medicines as needed. They are all subsidised medicines.
- It is important that you have an adult at home with you who can support you during this process and give you assistance should you require it.
- Breast tenderness, morning sickness and other symptoms of pregnancy should stop within a few days of passing the pregnancy tissue.
- You can get pregnant after your termination of pregnancy 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 GP or Family Planning about what contraception is best for you in order to prevent another pregnancy. For example, an IUD can be inserted after the bleeding stops. **Without birth control you can get pregnant immediately after your termination.**

- Your next period should come in about 4-6 weeks after your termination of pregnancy.

You must return to your GP or Family Planning within 2 weeks of your termination.

### **This is important:**

- Your doctor will have the results of your blood tests. If they are 'inconclusive' you may be sent for an ultrasound.
- To talk about how well your chosen method of contraception is suiting you
- To make sure that you have made a full recovery

## Common feelings and emotions

Common feelings/emotions a woman may experience after a termination of pregnancy:

- Some women often feel a sense of relief. Some women have a feeling of sadness which can be immediate or days to weeks later. Some women who choose termination feel guilty about expressing the natural and unavoidable grief that may eventually follow.

Some women experience a sense of loss and grief.

- Dealing with your feelings can take time and there is no right or wrong way to move through this process. Set aside time to think about your experience and what it means, but if you feel like you are going over and over it, talk to a counsellor or friend to help you move forward in your life.
- Whatever your emotions, the most important aspect is to be able to talk about your experience. We encourage you to find a safe place to talk and share your stories with people who are supportive and understanding.
- During and following any significant experience in your life you are likely to reflect on yourself, your relationships, your life and goals. This process is a normal and healthy response to a life event.

During our opening hours, if you want to speak with a counsellor/social worker, ring on (09) 631 0740 and choose option 3

Another good resource is:

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

## When to ring or to seek help

If you experience

### Excessive bleeding soaking

- More than 2 or 3 maternity pads an hour for 2 hours or 3 hours

Or

- One pad per hour for more than 10 hours

Especially if you are feeling faint or dizzy

From Mon– Fri 7.30 am— 4.30pm, if you want to **speak with a nurse**, ring (09) 631 0740 and choose option 2

**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

### After care information for women following a Medical Appointment

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