

**If you have an emergency, please call us and allow us to direct your care. Our doctors know what is and is not normal after your abortion. If you seek treatment elsewhere, for any reason, any and all expenses are your responsibility.**

*If you have an after-hours emergency, please leave your name and phone number with our answering service. We'll return your call, and all information is confidential. Even if you don't live in Rockford, call us first.*

We take all non-emergency calls between 8 a.m. and 4:30 p.m. Monday thru Friday.

Too much activity is the most-common cause of increased bleeding, cramping or clotting.

The bleeding you'll have during the next three weeks is a result of a surgical procedure. Do not expect this to be like a normal period.

### **NORMAL BLEEDING**

Some women have no bleeding after an abortion, but most do. You may pass clots and bleed, and this may stop and start - this is all normal. Often after you've been lying or sitting for a length of time (such as overnight), you'll notice an increased amount of bleeding with activity and also may notice blood clots. This flow is blood that's pooled in the vagina during inactivity. Change your pad and observe the bleeding - it more than likely will slack off. Because every woman is different, we can't predict the type of bleeding you'll have.

### **CRAMPING AND BLOOD CLOTS**

*Cramping after an abortion is normal--most women experience cramps.* Cramping helps your uterus return to its normal size and control bleeding, and also is normal when you're passing clots. Sometimes a bunch of clots will "gush out" all at once. Don't panic! It's normal to pass clots. Your body is doing what it should be doing! If the cramping becomes uncomfortable, take something immediately.

### **WHAT YOU CAN DO FOR CRAMPING AND BLEEDING**

- 1.** Take what you take for pain. You may take Advil, Aleve, or Extra Strength Tylenol -- please follow those directions. When you first notice cramps, take something immediately. *Do not take Aspirin!*
- 2.** Cramping also may be relieved by using a heating pad on low. If you're bleeding heavily, use an ice pack instead of a heating pad.
- 3.** If your bleeding increases, slow down your activity, but no total bed rest. It may be helpful to massage the uterus. **Massage in circular motion, starting at your belly and working your way down to your pubic bone.** This should help slow down the bleeding.

### **INFECTION**

An infection is very unusual, but can occur in spite of the antibiotics you've been taking. Please check your temperature twice a day for 4 days. If you get a 100.4 reading for 2 readings, 12 hours apart, please call us. Don't assume that you have a fever because you're flushed or feel warm. You must take your temperature with a thermometer.

### **ABOUT YOUR ACTIVITY**

- 1.** You may resume normal activities.
- 2.** Refrain from lifting more than 20 lbs. for the next three days.
- 3.** You may shower, but don't soak in a hot tub for at least 2 full days.
- 4.** Do not use tampons for 3 days.
- 5.** Don't have sex until after your check-up.
- 6.** Don't douche until after your check-up.

*Too much activity may cause increased cramping and bleeding. If this happens, slow down and take it easy.*

### **ABOUT YOUR MEDICATIONS**

*Follow the directions on the bottles. Don't drink alcohol.*

#### **1. Doxycycline 100mg**

This is an antibiotic to help prevent infection. Please restrict your time in the sun until you've taken all your medication. Take these capsules with a full glass of water, or you also may take them with food. *Don't use antacids while on this medication. Take 1 capsule every 12 hours until gone. Start tonight!*

#### **2. Ergotrate 0.2mg**

The doctor may order this medication to help your uterus return to its normal size and help control bleeding. Follow the instructions on the pill packet. This drug may cause cramping.

### **A Little Extra Help**

We ask and encourage you to contact us with problems or questions. We will not discuss your abortion with anyone without your permission. We hope you feel emotionally comfortable following your abortion. If you feel a little sad that's okay, it can be a normal reaction. When a pregnancy ends, the hormone level drops, it takes time for your body to return to normal. You may also have breast tenderness and or a discharge from the nipples. Wear a tight bra, use an ice pack, take Tylenol, etc. Do not run hot water over the breasts. Do not take aspirin.

### **THREE WEEK CHECK-UP**

You must have a check-up. It's very important to make sure you're no longer pregnant. When you leave the clinic, immediately call your doctor or the clinic for an appointment. The check-up should include a pelvic exam and a pregnancy test. *Be aware that pregnancy tests may stay positive for 4-6 weeks after an abortion.* Don't be alarmed-call us or have a follow-up pregnancy test at your doctor's office or family-planning clinic.

If you need additional treatment, *call us immediately.* If you don't call, any expenses you incur will be your responsibility.

### **WHEN YOU SHOULD CALL US**

- 1.** Severe cramping that's not relieved, either by the medication we gave you or by over-the-counter medication.
- 2.** Numerous clots larger than an egg.
- 3.** Soaking 2 or more pads in an hour for 2 hours.
- 4.** Temperature of 100.4 for 2 consecutive readings--12 hours apart.

If you're having any of these problems please call us by using our 24-hour emergency number. Please have a pharmacy phone number ready to give our nurse or doctor.

If you have any other problems that aren't an emergency, please call between 8 a.m. and 4:30 p.m. Monday through Friday.

**24-HOUR  
EMERGENCY NUMBER  
815-963-4101**

**WE'RE HERE TO HELP!  
WE CARE! WE RESPOND!**

## INFORMATION ABOUT YOUR BIRTH CONTROL PILLS

### 1. General instructions

Start taking your pills the first Sunday following your visit to our clinic. Take your pill at the same time every day so that you are less likely to forget, and so that it's most effective. ***During the time that you're taking your first package of pills, you should use an additional birth control to help make sure you prevent pregnancy.***

### 2. If you forget to take your pill

Take the missed pill as soon as you realize that you've forgotten it and continue to take the rest of them as directed. If you miss more than one pill, begin taking pills again as soon as you remember and use another method of contraception for the rest of that cycle.

### 3. Drug interactions

If you're taking a birth control pill and your doctor prescribes a new drug, check with him or her, and your pharmacist, to see if the new drug interacts or interferes with the pill.

*This also applies to over-the-counter medication.*

*If you're taking any type of medicine, use a back-up form of birth control (foam, condoms, etc.)*

### 4. Warning signals

If any of these adverse effects occur while you're taking oral contraceptives:

--*Sharp chest pain, coughing of blood or sudden shortness of breath*

--*Pain in your calf*

--*Crushing chest pain or heaviness*

--*Sudden severe headache or vomiting, dizziness or fainting, disturbances of vision or speech, weakness or numbness in an arm or leg*

--*Sudden partial or complete loss of vision*

--*Breast lumps*

--*Severe pain or tenderness in your stomach area*

--*Difficulty in sleeping, weakness, lack of energy, fatigue or change in mood*

--*Jaundice or yellowing of your skin or eyeballs, accompanied frequently by fever, fatigue, loss of appetite, dark-colored urine or light colored bowel movement.*

If you have any of the above symptoms, please contact us or your physician immediately.

### 5. Information

This information is just an outline for taking birth control pills. Please read the outlined information sheet in your pill package.

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**EMERGENCY – 815-963-4101**