
Patient information

Surgical abortion



You have been in our clinic for a surgical abortion.

After the treatment

You will often experience some bleeding and abdominal cramps after the treatment. The cramps are caused by the uterus contracting. Pregnancy symptoms such as breast tenderness and nausea disappear within a few days up and till two weeks. The pregnancy hormone (hCG) can remain in the body longer. Therefore, the pregnancy test can remain positive for at least three weeks.

Don't do this!

After the treatment, the cervix remains open some time, which increases the risk of infection. Therefore, please follow these instructions for two weeks:

- **No vaginal intercourse**
- **No use of tampons**
- **No swimming, bathing (showering is allowed), or sauna use**
- **No vaginal douches**

Antibiotics

After the treatment, you will receive two azithromycin pills at the clinic. This antibiotic minimizes the risk of infection. If you are allergic to azithromycin, your doctor will prescribe a different antibiotic.

If you are 16 weeks or more pregnant, you will also receive 4 metronidazole pills to take home. It is important that you do not drink alcohol for 48 hours.

Abdominal or back pain

Abdominal or back pain is normal after an abortion. Try to avoid strenuous activity for the first 3 days. The pain is often worse 5 to 10 days after the procedure than before. After that, the pain will subside.

Pain is not a cause for concern. You can take painkillers, such as paracetamol (acetaminophen), ibuprofen, or naproxen. Read the instructions for the medication carefully. If you think you have a fever, first measure your temperature with a thermometer before taking the pain medication.

Fever

If you think you have a fever, measure your temperature with a thermometer. A temperature higher than 38.5°C (100°F) can indicate an infection. In that case, antibiotic treatment is necessary. If you have a fever, contact our clinic or your GP.

Blood loss

Bleeding can vary greatly, from almost none to heavy bleeding with clots. It usually increases 4 to 10 days after treatment and stops after about 2 weeks. Sometimes, you may continue to have brown discharge for a while. A very small amount of bleeding is also normal.

Breasts

If your breasts are tense and/or painful after treatment, or if you experience engorgement, wearing a tight bra will help. If you were more than 15 weeks pregnant, wear a tight bra day and night for 5 days. Ice packs can also help. Do not massage your breasts. You can take acetaminophen (paracetamol) for the pain. If experience breast milk leakage from your nipples, medication is available. You can contact your GP for a prescription.

Breastfeeding

Are you breastfeeding? Discuss this with our doctor.

You may be given Cytotec during treatment. It is recommended to express breast milk for the next six hours and discard it. This medication can cause abdominal cramps or diarrhea in a baby. The other medications you have received in our clinic will not affect breastfeeding.

Contraception

After an abortion, you are immediately fertile again.

Therefore, start using contraception again as the contraceptive pill, patch (Evra), and ring as soon as possible. Do not wait until the bleeding has stopped.

If an IUD was inserted during the procedure, a follow-up check is sometimes necessary. The receptionist at the front desk will schedule an appointment for you. With a hormonal implant (Implanon), a follow-up check is not required. Both an IUD and an Implanon may cause the bleeding after an abortion to last longer.

If you would like to have an Implanon or IUD inserted at a later date, this can be done if the pregnancy test is negative again.

Next menstruation

Your next menstrual period usually occurs 4 to 8 weeks after the abortion procedure. Sometimes it takes longer. However, we urge you to contact your doctor if you haven't had a period after 8 weeks. Your bleeding may be different from what you're used to.

If you started taking the contraceptive pill, patch, or ring after your procedure, bleeding will occur during the first week of stopping.

Emotions

Sometimes an abortion is a difficult decision. You might feel relieved after the procedure and feel like you made the right choice. But you might also experience feelings of guilt, shame, or regret. Often, it's a combination of both. All these emotions are normal.

If you find it difficult to cope with these emotions, you can get help. Your GP can help, or we can refer you to a healthcare professional with extensive experience in this area.

Going home

If you have chosen sedation, you are not allowed to cycle, drive a car, or scooter for 24 hours. You will not be insured in this case. It is also wise not to make any important decisions for 24 hours.

Follow-up

It is important to take another pregnancy test after 4 weeks. A follow-up (by phone or in person) is often not necessary, unless:

- This is indicated by the doctor or nurse;
- The pregnancy test is still positive after 4 weeks;
- You continue to experience bleeding or pain;
- You have had a copper IUD inserted;
- Or if it is your preference.

You can also make an appointment with your GP for a follow-up check

We would like to see you back in the clinic if after four weeks the pregnancy test is still positive or if you are still experiencing bleeding.

Sometimes there is still some residual tissue in the uterus. The chance of this is less than 1%. You may then be given additional medication or have another aspiration performed. The doctor will discuss this with you after explaining the situation.

Contact

The clinic can be reached by phone from Monday to Friday, from 8:30 AM to 4:45 PM, to schedule an appointment or for more information about treatment or costs.

Questions?

Call: +31 85 822 07 98

