



TACOMA
1401-A Martin Luther King Jr. Way
Tacoma, WA 98405
253.473.6031

RENTON
263 Rainier Ave S. #200
Renton, WA 98057
425.255.0471

YAKIMA
106 East E Street
Yakima, WA 98901
509.575.6422

800-572-4223
fwhc.org
CedarRiverClinics.org
Birth-Control-Comparison.info

After an In-Clinic Abortion Procedure

If you have questions or concerns regarding your procedure and were seen at Cedar River Clinics, call us: 800-572-4223.

BLEEDING & CRAMPING - is normal for up to 8 weeks. Use maxi pads so you can monitor your bleeding. No bleeding is also normal. Uterine Massage can decrease cramping. To perform uterine massage, use the heel of your hand and push inward firmly on your abdomen while rubbing in a downward motion, from your naval to your pubic hair line. The purpose of uterine massage is to stimulate your uterus to contract back to its pre-pregnant size. Massage may cause more bleeding as your body passes clots that it needs to pass for the cramping to stop. If you experience severe cramps that are not relieved with medication, please contact us.

- If you soak more than 1 pad an hour for more than 2 hours or pass large clots, call the clinic immediately.
- Avoid aspirin, alcohol and marijuana. These substances may cause heavier bleeding.
- Avoid heaving lifting or strenuous activity for 2 weeks.

TENDER BREASTS - Some women experience breast engorgement. If your breasts are painful or you have secretion, bind them tightly with a wide ace bandage. Ice packs may be used (for 10 minutes every half hour). Avoid stimulation such as hot water from a shower or touching or kissing. Pregnancy symptoms should subside within one week.

PREGNANCY - Ovulation can occur at any time after an abortion. Use birth control method to prevent future pregnancy. If you are starting birth control pills, use a back up method (condoms, spermicides, abstinence) with the first cycle of pills. To learn more about birth control options, see the Control Comparison Chart at www.Birth-Control-Comparison.info.

PREVENT INFECTION - Your cervix may be open for 1-2 weeks. To reduce the risk of infection:

- Take your antibiotics as directed. Check your temperature daily for one week. If your temperature is 100.4 degrees Fahrenheit or more, call the clinic immediately.
- Do not put anything in your vagina for 1-2 weeks.
- Do not use tampons until your next period (in 4-8 weeks).
- Get some rest, drink fluids (water, juice).
- We recommend a follow-up exam in 3-4 weeks.

EMOTIONS - A wide range of feelings is normal, including relief, sadness, anger, renewal. If you're looking for someone to talk with, call Cedar River Clinics or call this confidential national multi-lingual toll-free talk-line: 866-439-4253 sponsored by Exhale. Read personal stories and share yours at www.FWHC.org.

You are not alone - one in three American women has an abortion.

WOMEN KNOW - We have an abortion to take responsibility for ourselves, our futures and our families. All women deserve freedom and support when making this important life decision. Yet the right to abortion could be taken away. Good government policies depend upon input from people who understand. Vote. Take Action. Speak Out. Tell your story. Ask questions. End the silence. Work together with other women because it is our bodies, our choices, our lives.

updated 5.19.2010 JS