

Tameside Well Women Clinic

Surgical Termination Of Pregnancy Discharge Advice

Patient information Leaflet

November 2017

Please remember that if you are not happy with your chosen method of contraception, you should seek advice regarding a different method BEFORE stopping it.

Discharge Arrangements

You may feel tired for 1-2 days after surgery. Normal day-to-day activities may be resumed as soon as you feel ready. We advise you to take 1-2 days off work.

You may have some breast tenderness for a couple of weeks after the termination. A firm, well-fitting bra worn at all times may help until the discomfort stops.

Urine pregnancy tests are not reliable until at least 4-6 weeks post termination because pregnancy hormone levels will still be raised above normal and will affect the test result.

When you go home after a surgical termination, you need to have a responsible adult to travel home with you and stay with you for 24 hours. You must not drive a car, cook, drink alcohol, look after small children or operate machinery for at least 24 hours.

Nobody knows how you will be feeling following your termination. This experience is personal to you.

Many women can experience a feeling of loss, sadness, numbness, confusion or anger after a termination at some time, even if they were very certain about their decision. This may not mean that the decision was wrong, but just difficult to make. It is common to feel “up and down” and some women on the other hand may feel relieved and unburdened.

Counselling is available to women and their partners following termination through voluntary organisations. Please ask your nurse or contact Tameside Well Women Clinic for details of these services.

If There Is A Problem

You may experience vaginal bleeding similar to a period for up to two weeks after a surgical termination (with or without clots). This bleeding should get lighter over these weeks. If you have continuous bleeding which is **heavier than a period**, you should contact Tameside Well Women Clinic, Women’s Health Unit or attend A&E as soon as possible.

Sanitary towels NOT tampons should be used during post termination bleeding for at least one month in order to prevent infection. You should also avoid sexual intercourse until the bleeding has stopped.

If you develop a high temperature, a dark or unpleasant smelling vaginal discharge, severe lower abdominal pain or swelling, or any other unusual signs and symptoms, contact Tameside Well Women Clinic, Women’s Health Unit or your GP.

Some abdominal cramps may be experienced for up to 24 hours after surgery; taking

a mild pain-relieving drug such as Paracetamol should relieve these.

The timing of your next period will depend on the method of contraception you use and will vary from 3-8 weeks.

It is important that you have considered your future method of contraception as you could become pregnant IMMEDIATELY after your termination – there is no “safe period” and you are advised to use your chosen contraception straight away.

If you have not already decided, we can help you choose the method that is best for you.

Remember you should use condoms when having sexual intercourse to reduce your risk of sexually transmitted infections.

Other Useful Contacts Or Information

Counselling is available to women and their partners following termination through voluntary organisations. Please ask your nurse or contact Tameside Well Women Clinic for details of these services.

Tameside Well Women Clinic 0161 922 4190 or 6273
Women’s Health Unit: 0161 922 4479

CARE (Confidential Abortion Issues)	0800 028 2228
Brook Advisory Centre (under 19’s)	0161 237 3001
Sexwise (24 hrs)	0800 282 930
Rape Crisis	0161 834 8784
Relate	0161 872 0303
NHS Direct (24 hrs)	0845 4647
Connexions	0161 330 1528
Information Shop (under 20 counselling)	0161 355 3553
Domestic Violence Helpline	0808 200 0247
Tameside Women’s Project (freephone)	0800 328 0967
	www.womensaid.org.uk
Branching Out (Under 19 help with drug and alcohol misuse)	0161 342 7605
Alcohol and Drugs Service	0161 343 1133 or 0161 604 3200

References

Royal College of Obstetricians & Gynaecologists, *About Abortion Care; What you need to know* September 2004

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی یقہ ایہ تہا پڑتے یا بڑتے نا پارن، تاہلے انورہ کرے ا تہنک ہلہلہ ٹیمز ساہہ ٹیلیفونے یوگا یوگا 0161 331 5149/5150 ایہ ناہارے، تہن تارا آپناکے ساہیا کرتے پارہے۔

آپو آہا آہ اہاٹہتی آہاٹی ڈ ناہا ہاڈو اہاٹہ تو ہڑما ہڑہی، اہاٹہٹی ڈ ہڑہا ڈہاٹہ ڈہاٹہ
0161 331 5149/5150 اہاٹہ ہر ناہاٹہ ناہاٹہ تےآہ آہاٹہ ہڑہر ہڑہا ہڑہا۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آہٹہٹک ہیلٹھ ٹیم کے ساتھ ٹیلی فون نمبر
0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

Division/Department: Gynaecology
Date Created: 16/7/2007
Review Date: November 2017
Reference Number: GYNAE022
Version: 3