

# Beacon Womens Center

## ***TAKING CARE OF YOURSELF AFTER YOU GET HOME***

(334) 277-6212 (24-Hour Number)  
1-800-321-2181 (8:00 - 5:00, M-F, 8 - 2, Sat.)

**WE CARE ABOUT YOU** and request that you follow our instructions very carefully. Medicine is a joint effort between physician and patient. **IF YOU SHOULD HAVE ANY QUESTIONS** don't hesitate to ask us today or later if necessary. Informed patients make good patients. We realize that much of the information provided to you today may be alarming **BUT** it is not intended to be such. No one should ever be afraid of information, because in most cases **IT IS IGNORANCE THAT CAUSES PROBLEMS NOT KNOWLEDGE ...** Feel free to ask us anything.

Complications are rare. Abortion is a relatively simple procedure and you should return to normal very quickly. If a problem or questions should arise, call us immediately. After business hours, you must dial our (334) 277-6212 number; we have a nurse on call 24 hours a day. For after hours emergencies, please tell the Answering Service your full name, your phone number, and the nature of your complication so that we can call you directly and can stay in touch with you for further progress reporting.

### **PRECAUTIONS:**

1. **CHECK YOUR TEMPERATURE** - Infection is the most common problem following an abortion. You will need to check your temperature twice a day for the next five days; once in the morning when you get up and once when you go to bed at night, before you eat, drink, smoke or brush your teeth. If your temperature goes over 100°, you should call Beacon Women's Center immediately.
2. **WATCH YOUR BLEEDING** - Bleeding varies from woman to woman. Some women bleed very slightly or only spot, while others bleed more. Usually bleeding is no heavier than a normal period. It may last for a week to ten days. Spotting or light bleeding may last for a few weeks. You may stop and start several times over the next month. It is normal to pass small clots and some tissue. **HOWEVER**, if you soak two maxi pads in one hour, if you pass a clot the size of a fifty-cent piece, or if you pass many small clots, call us immediately.
3. **CRAMPING** - Cramping is normal following an abortion. Although some women have no cramping at all, others do experience moderate cramping. If you do have cramping, it may be relieved by a heating pad or whatever medication you are used to taking for headaches. Do not take aspirin or aspirin products; Tylenol or Advil should relieve your cramps. If your cramps are severe, call Beacon Women's Center immediately.
4. **ACTIVITIES** - Nothing strenuous for two weeks (i.e., no heavy lifting, horseback riding, tennis, jogging, swimming or exercise classes). Otherwise you may return to your daily routine the next day. Excessive activity may cause increased bleeding, clotting, or cramping and may delay normal recovery. We will provide you with an excuse for work or school at your request.
5. **ABSOLUTELY NO INTERCOURSE, NO TAMPAX, NO DOUCHING** - Nothing should be put into your vagina until you have had your post abortion check up.
6. **TENDER BREASTS** - Breast soreness and tenderness are normal the first few days. You may even have some discharge for a day or two. You will probably be more comfortable in a tight fitting bra. No treatment is required.
7. **TUB BATHS** - Bathe as you normally do. Tub baths are permitted but do not soak in the tub the first day. A hot bath may help if you have cramping.
8. **I. V. SEDATION/NITROUS OXIDE/VALIUM** - It is normal to feel sleepy and tired after having I.V. Sedation/Nitrous Oxide/Valium. It will gradually wear off during the day. The best thing to do is lie down and take a nap when you get home. For 24 hours (until I.V. Sedative/Nitrous Oxide/Valium is completely out of your system), do not drive, do not operate machinery, do not make important decisions, and **above all, DO NOT DRINK ALCOHOL.**

### **CALL BEACON IMMEDIATELY IF YOU HAVE ANY OF THE FOLLOWING:**

1. Temperature of 100 degrees or more
2. Heavy bleeding (two or more sanitary pads in one hour)
3. Clotting (the size of a fifty-cent piece or the passage of many small clots)
4. Severe cramps
5. Passage of tissue
6. Foul-smelling discharge

## 1. **MEDICATIONS:**

- A. **DOXYCYCLINE 100 mg - ANTIBIOTIC TO PREVENT INFECTION** - Start taking it no later than the night of your appointment day. Take one (1) tablet every 12 hours until you finish the entire prescription. Remember to take your temperature. The envelope contains enough medication to last five (5) days. While taking the Doxycycline, there are three (3) things that must be observed: 1). No alcoholic beverages, 2). No sunbathing, and 3). Milk and dairy products should be avoided. These three (3) things interfere with or destroy the effectiveness of the antibiotic. If excessive diarrhea, vomiting, itching or fever occurs, STOP the medication at once and notify the clinic or your doctor. If you have ever had an allergic reaction to Doxycycline or any of the "Cycline" drugs, please let the nurse know before you leave the clinic.
- B. **ERGONOVINE 0.2 mg - TO CONTROL BLEEDING** - If you have been given six ergonovine tablets, take one every four hours (regardless of whether or not you are bleeding) until all of the pills have been taken.

## 2. **PRESCRIPTIONS:**

You have been given two prescriptions to have filled only after you call us first:

- A. **ERGONOVINE 0.2 mg - TO CONTROL BLEEDING** - If excessive bleeding occurs (two maxi pads in one hour) call us; we may tell you to fill the prescription and to start taking the ergonovine. This medication may cause cramps. If you take all the tablets given to you and the bleeding does not decrease, please notify us. If you experience leg cramps, discontinue the medication.
- B. **NAPROSYN - TO CONTROL CRAMPING** - If you do not have any medication at home to take for cramping, you may have this prescription filled and take it according to directions on the label.

## **EMOTIONS:**

Occasionally women feel depressed after having an abortion procedure. These emotions can be caused by the abrupt hormone changes which follow the procedure. As your body returns to its normal hormonal cycle, these feelings will probably subside. However, if you discover that depression or other emotions continue for more than a few days, feel free to call your Beacon Womens Center Counselor. She will be able to help you sort out your feelings or refer you to a counselor near your home.

## **CHECK UP:**

You MUST have a FOLLOW-UP examination to make certain that everything has returned to normal. Ectopic pregnancy, failed abortion, retained tissue or other problems may not be diagnosed until this recheck visit. Therefore, a check-up will reassure both you and Beacon that everything has returned to normal. This visit is included in the fee and may be rescheduled up to 4 weeks from your procedure date if necessary. If you have chosen birth control pills as your intended method of contraception, you must return to Beacon for a pap smear (cost is \$20) and a prescription for pills for one year. (An additional \$15 late fee will be charged if you return for a recheck after 4 weeks.) You may have your recheck done by your private physician, but be sure to inform him/her that you have had an abortion. It would be advisable to ask Beacon to send your records to your private physician, BUT WE WILL SEND RECORDS ONLY AT YOUR DIRECT WRITTEN REQUEST. All services at Beacon are strictly confidential. If you fail to return for your check-up and have any abnormal lab results, we must try to notify you by phone or mail; therefore, tell us today so that special arrangements may be made to protect your privacy.

## **BIRTH CONTROL:**

### **BIRTH CONTROL PILLS**

If you have selected to take Birth Control Pills, we have given you a sample packet of pills to start taking the first Sunday following your abortion procedure. Take one pill a day until you finish your packet. On the last row of pills you should have a normal menstrual period, if you have the 28-day pack. There is a possibility you may not have a period this first month due to the abortion procedure, but you should have a normal period within (8) weeks after the abortion; if you don't, call us immediately. **REMEMBER** - while taking the first packet of pills you will not be protected from pregnancy!

### **DIAPHRAGM**

You can be fitted for a diaphragm at the time of your three-week check up. There will be a charge for the fitting.

### **OVER-THE-COUNTER METHODS**

Condoms, Foam, Sponges, Suppositories - These methods are available at the supermarket and pharmacy.

### **YOUR NEXT NORMAL PERIOD**

You should have your next normal period four to eight weeks from today; if you don't, call us immediately. This period will be very heavy, clotty, and crampy. **PLEASE** be aware that a sensitive pregnancy test can read positive for up to one month after your abortion. This is due to varying lengths of time it takes for your hormones to return to normal.