

## Medication Schedule

You may have some menstrual-like cramping. If so, you can take Ibuprofen (Motrin, Advil) 800mg every 4 hours. If 2 hours after taking Ibuprofen, your cramps have not been relieved, take 1/2 to 1 Tramadol tablet. If 2 hours after taking Tramadol, cramping continues (which has been 4 hours since taking Ibuprofen) you may start again with Ibuprofen. Repeating the same medication schedule. (The maximum amount of ibuprofen recommended is 3200mg, or 16 tablets, in a 24 hour period.)

### Breast Care:

If problems develop, follow instructions listed below:

- 1) Avoid all stimulation to breasts; sleep on back; wear tight bra during day, sleep in sports bra; no touching of breasts (a shower may cause stimulation).
- 2) Ice packs as needed; no heat, Ibuprofen (Motrin, Advil) as needed for pain.
- 3) If above instructions are followed, symptoms will subside in approximately 72 hours.

## Follow up appointments:

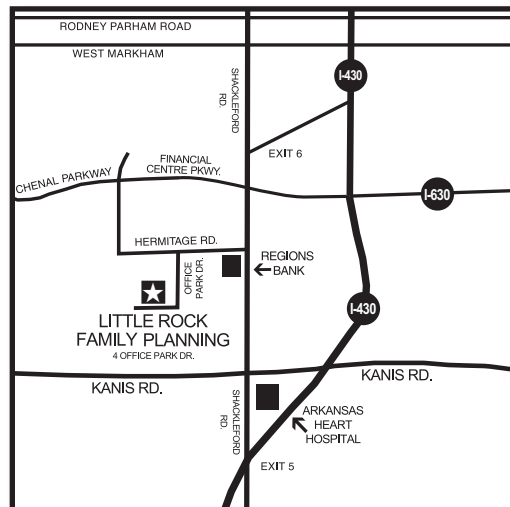
We offer a follow up visit in 4 weeks to see our female nurse practitioner for a free exam to ensure that everything has returned to normal after your procedure. This visit is not required.

**IF YOU HAVE ANY PROBLEMS OR QUESTIONS PLEASE CALL US.**

**FOR QUESTIONS, INFORMATION, OR APPOINTMENTS PLEASE CALL DURING OFFICE HOURS  
(MON - FRI / 8:00 a.m. - 8:00 p.m.)  
(SAT 8:00 a.m. - 6:30 p.m.)  
(SUN 11:00 a.m. - 7:00 p.m.)**

**FOR URGENT PROBLEMS OR QUESTIONS YOU CAN REACH A NURSE AT ANYTIME.  
(501) 225-3836 24 HOURS A DAY  
1-800-272-2183 TOLL FREE**

After hours and on weekends, our phones are forwarded to an answering service. On a rare occasion, a glitch could occur where the phones were not forwarded correctly. If no answer after 10 rings, please call the answering service directly: (501) 373-8648



Little Rock  
Family Planning Services

## Aftercare Instructions

4 Office Park Drive  
Little Rock, Arkansas 72211-3896

(501) 225-3836  
Toll Free 1-800-272-2183

[www.lrfps.com](http://www.lrfps.com)

Member of:  
The National Abortion Federation

## From Willie Parker, M.D. Medical Director

Dear Patient,

The therapeutic abortion you have experienced is one of the safest surgical procedures performed today. However, your body needs time to properly heal itself, usually until your next menstrual period. The first three days after your abortion, avoid heavy lifting and strenuous activity as much as possible. After this time, be as active as you desire, but listen to your body and use common sense until you feel completely recovered.

The most common question that my patients ask is, "How much bleeding will I have?" Most women bleed less than their regular menstrual period, but both the amount and duration of the bleeding varies widely. Some women may not have any bleeding after leaving our clinic, but others may bleed off and on until their menstrual period. Frequently a brownish discharge will develop. This is normal. However, heavy bleeding or vaginal irritation is not normal and you should call the office.

On a rare occasion, blood clots could form in your uterus within the first two hours after surgery and for approximately two weeks later. When the uterus releases these clots, cramping may occur. Some clots will frequently pass; others may be too large for passage. In these cases, the best treatment is a simple removal of the clots from your uterus which we can do safely and easily to relieve your symptoms.

If you are having any problems, please call the clinic. We are the best people to handle post-abortion problems in the simplest and safest manner. Should you go to an emergency room, the treatment may require hospital admission or charges for treatment that could be handled easily at no extra cost to you at our clinic.

After your abortion, we will not forget you. An R.N. and physician are on call 24 hours a day for any patient problems. We have a commitment to respond within 10 minutes to all after-hours calls. If you do not hear from us within 10 minutes, please call again.

### Aftercare Instructions

1. Eat a light meal after leaving the clinic.
2. For the next two weeks avoid:
  - Tampons (Use sanitary napkins)
  - Submerging your body in water (i.e. hot tubs, bathtubs & swimming) (You may shower and wash your hair)
  - Douching
  - Feminine sprays
  - Intercourse
  - Vibrators
3. Bleeding may last only a few hours or it may persist for 4-8 weeks. If you saturate (soak) 2 or more pads an hour for 6 hours or 1 pad an hour for 12 hours, call us.
4. It is also normal for women to experience some cramping and clotting. However, the external uterine massage may help relieve this. Uterine massages to relieve cramping: As the nurse instructed, you should complete 10 to 20 hand rotations every 15 minutes for 1 hour. You should press firmly with your hands to your lower abdomen while lying on your back with your knees to your chest. Massage every 15 minutes for 1 hour. Take the next hour off. If your cramps are continuing, you should repeat the above schedule. If not relieved and cramping becomes excessive, please call the clinic.
5. Call us if you have not had a menstrual period within 10 weeks after the procedure.

6. Take your temperature daily - each morning - for the next 3 days. If your temperature is over 101 degrees, call the office.
7. It can be normal for your pregnancy test to remain positive up to 3 weeks after your procedure. This is normal and due to the lingering of the pregnancy hormone in your system. Your test should return to negative by 4 weeks after your procedure.
8. If you have been given birth control pills, take your 1st pill on Sunday following the procedure.
9. If you received IV sedation today, you must have a driver take you home. For 24 hours following the procedure, you should not drive or make any decisions requiring judgement, due to transient mental impairment from the use of anesthesia drugs.

### Medication Instructions

#### Antibiotics: Azithromycin

- Antibiotics were taken at the clinic. That one dose is all that is needed to prevent infection.
- Antibiotics were sent home with you to be taken with food. Take all 4 tablets as soon as possible after eating.

**Ibuprofen** - (for mild to moderate cramps -Advil, Motrin- can be purchased without a prescription) Take 400mg to 800mg, 2 to 4 tablets, up to every 4 to 6 hours. (The maximum amount recommended is 3200mg, or 16 tablets, in a 24 hour period.)  
No Ibuprofen until \_\_\_\_\_.  
If in pain before that time you can take your prescription Tramadol.

**Tramadol** - (for moderate to severe cramping) Take one every four hours as directed for cramping not relieved by Ibuprofen (Motrin, Advil, Datri, etc.) As long as severe cramps are present, monitor your temperature, report any temp over 101 degrees. Call the clinic if you have cramps not controlled by medication.