

So you're thinking
about an abortion?

For further information contact:

- Murray Bridge Hospital
85356777

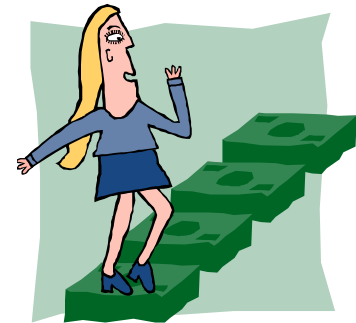
- Bridge Clinic 85322322
Standen Street, Murray Bridge

- Murray Mallee Women's Health
Team 85356800

Murray Mallee Community Health
Service, Murray Bridge

- Pregnancy Advisory Centre:
21 Belmore Tce. Woodville Pk)
(08) 83474955

Toll Free 1800 672 966



What is it about?

The operation required for the termination of a pregnancy is called a vacuum aspiration and is carried out under anaesthetic. The operation will take approximately 15 to 20 minutes and you will be required to stay in the day surgery unit for approximately four hours from admission to discharge. For some women the doctor will be required to insert a vaginal pessary prior to your operation, this is required to soften and open the cervix of the uterus. Occasionally this can cause cramping prior to surgery. You will receive an anaesthetic, the operation involves gently stretching open the cervix and a small suction tube is used to empty the contents of the uterus.

WHAT TO DO AFTER A TERMINATION OF PREGNANCY:

After any operation you should take it easy and keep a check on yourself to make sure you are recovering properly. You will need someone to go home with you and be with you for 24 hours following the abortion. Most women find it comforting to confide in someone who can provide information and support

RISKS:

The majority of women have no complications. Abortion performed before or at 12 weeks of pregnancy is a simple and safe procedure. As with any operation there are some risks and it is important to be aware of these. There is a small risk of infection, which can be treated with antibiotics. Signs of infection would be abdominal pain, fever and unpleasant smelling vaginal discharge.

BLEEDING

People vary a lot as to how much they bleed after a termination of pregnancy. Sometimes you bleed a lot for a few days and then it tapers off. Sometimes you won't start to bleed for a

few days and then start a heavy period-type bleed. You may pass clots and it may last up to two weeks.

Too Much Bleeding:

If you are soaking through one or more pads in an hour, then you should contact your doctor or the hospital immediately.

Bleeding Which Does Not Stop After Two Weeks

Could mean that there is a clot or some tissue caught in your uterus.

If You Are Worried About Bleeding

You need to contact your doctor to assess your blood loss.

CRAMPS:

Cramps are fairly common after a termination of pregnancy. They may be like bad period pains. They are usually gone after one or two days, but occasionally may last up to two weeks. You should be able to get relief with a hot water bottle and some Panadeine. If this doesn't help and the pain is bad, please contact your doctor or the hospital where the termination of pregnancy was done.

AFTER YOUR TERMINATION OF PREGNANCY.....

Your feelings

During recovery from a general anaesthetic people can feel emotional. Every woman has different feelings depending on her situation. Relief and a sense of wellbeing are a common response reported by women post operatively. Other women may experience sadness, guilt or a mix of feelings. All these feelings are normal and okay. Talking to someone you trust may be

helpful. Counselling is also available at some of the agencies listed overleaf.

Follow-up appointment

A routine check 2 weeks after the abortion is recommended to ensure you are feeling well and to discuss any concerns.

Other general information

- Use pads instead of tampons until the bleeding stops, as it is easier to keep a check on the bleeding and there is less risk of infection.
- Do not have sex for two weeks. If you do have sex before this, insist that your partner wear a condom to lessen the risk of infection.
- Avoid heavy work or exercise, like heavy lifting, washing, trampolining, and horse riding. This is more likely to make the bleeding worse.
- Have showers instead of baths if possible, as there is less risk of infection.
- If you are going to take the Pill, start it the day after the termination of pregnancy.
- Your next period may come anytime within 4-6 weeks. You can get pregnant again if you have unprotected intercourse.
- Day surgery staff will contact you the next morning and check on your recovery.