

≈ Post Operative Check Up

Once discharged from our day clinic we advise you attend a post procedure check up with your referring doctor in 10-12 days time. If you cannot or do not want to return to your referring doctor please ring AMAC and make an appointment for a post-operative check. Your referring doctor will also want to know how your physical and emotional health is after the procedure. Copies of any test results that AMAC has taken for you will go back to your referring doctor who may want to discuss them with you and provide any appropriate treatment or referrals. AMAC will send a letter to your referring doctor the day after your procedure and provide you with a copy that you can give to any health professional should you have a problem after hours, or if you are unable to see the same doctor who referred you to us.

≈ Post Abortion Counselling

Following your abortion should you have any unresolved feelings or need to discuss your experience, we have trained Counsellors that can assist you at the clinic or a list of specialised counsellors that we can refer you to if you are unable to return to the clinic.

≈ Future Gynaecological or Obstetric Care

It is very difficult and sometimes impossible for a doctor to know that you have had an abortion in the past. Although this is your own personal medical history and you do not need to disclose it to anyone, you would be wise to tell any doctor you are consulting with for Gynaecological or Obstetric related advice and treatment.

Contact details for AMAC

≈ Normal Clinic Hours:

Monday to Friday 9am – 5 pm

During busy periods some Saturday surgeries may be available

Telephone: (09) 638 6040 or (09) 638 6041

E-mail: admin@amac.org.nz

Fax: (09) 631 0451

≈ After hours or weekends:

Contact your referring doctor. S/he will have an emergency number to call if they are outside normal working hours.

≈ Urgent medical attention:

Your local Hospital. Telephone numbers are listed in the phone book (take your copy of the letter given to you at discharge by AMAC).

Any 24 hours Emergency Accident and Medical Clinic. Telephone numbers are listed in the phone book (take your copy of the letter given to you at discharge by AMAC).

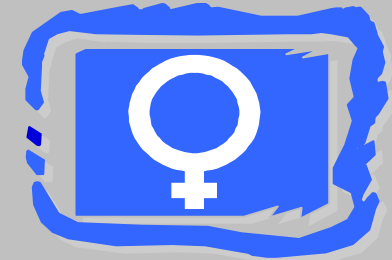
≈ Postoperative check up

Telephone your referring doctor or contact AMAC for an appointment with our doctor.

Tel: (09) 638 6040 or 638 6041



Auckland Medical Aid Centre Ltd Private Abortion Services



AFTERCARE

GUIDANCE

Updated June 2006

AFTER YOU LEAVE AMAC

≈ During the 24 Hours following the operation

- ◆ Do not drink alcohol
- ◆ Do not drive a vehicle

≈ During the next two weeks

- ◆ Use pads instead of tampons until bleeding stops.
- ◆ Use a shower instead of a bath.
- ◆ Avoid strenuous activities like working out with weights or doing heavy jobs.
- ◆ Avoid sexual intercourse .
- ◆ Take any medications that have been prescribed.
- ◆ Attend a postoperative check up.

≈ Physical Recovery

Most women find that the abortion affects them very little, others may need rest for a day or two. Our Dr can provide a medical certificate if required.

≈ Bleeding & Cramps

This can be very variable. Some women may have very little or no bleeding at all for the first few days and then begin bleeding. Others may have bleeding as heavy as their menstrual period. Intermittent bleeding can also occur. Most women bleed for 1-3 weeks. Often following medical abortion bleeding is longer & heavier. During this time some experience period like cramps and or pass blood clots, all of which is normal. Discomfort caused by cramps can be eased with analgesics like panadol. Bleeding that soaks two sanitary pads in an hour (no white left on the pad) or constant pain and passing of large blood clots over several hours is not normal and should be checked by your doctor or AMAC.

≈ Breast tenderness

Can take a week to cease, some women may leak fluid for a day or two, it is not advisable to squeeze the fluid out of the nipples as this can worsen the situation. If breast soreness or leaking persists for longer than a week return for your check up.

≈ Morning sickness

If you have been suffering from nausea during your pregnancy it normally reduces the next day and within a few days stops. If you continue to feel sick a week after the procedure, return for your check up early.

≈ Contraception

You can get pregnant the first time you have sex after the procedure therefore you must start oral contraceptives the day after your procedure. Women using barrier methods like condoms must use them immediately intercourse is resumed.

≈ Menstruation

Your next period should begin 4-6 weeks after the procedure. This can vary with the choice of contraception you have started. The first period can sometimes be heavier than normal. If your period is delayed longer than 6 weeks please return to your doctor.

≈ Emotional Recovery

Some women feel well while others can feel miserable and unhappy following the abortion, some of this can be attributed to falling hormone levels. Feeling sad and tearful is a perfectly normal response in these circumstances as is feeling relieved and optimistic. It is especially helpful in the first week to have a close friend or partner for support and to be able to discuss your feelings with. Please ensure you discuss any worrying feelings you have been unable to resolve with your doctor or contact AMAC, counselling may be necessary and helpful. Treat your emotional health as every bit as important as your physical health.

POSSIBLE COMPLICATIONS

≈ Incomplete Abortion

Heavy or prolonged bleeding and cramps can sometimes indicate that a fragment of tissue has remained in the uterus. Sometimes the tissue passes naturally as a result of the cramping and sometimes a second procedure called a D&C is advised. A D&C can be done at AMAC under local anaesthetic, but admission to hospital. May be necessary. Non-residents who are admitted to hospital will be charged by the hospital for any care received. Payment is the responsibility of the patient.

≈ Infection

Postoperative infection can be detected by taking your temperature each day for the first week. Temperature recordings of 37.5 degrees centigrade that persist for more than 4 hours, flu like symptoms or a smelly vaginal discharge are all possible signs of an infection developing. Completing the full course of antibiotics prescribed to you by AMAC to take in the week following your procedure will reduce the likelihood of infection occurring. However if any of the above symptoms occur you must see a doctor for a further course of antibiotics.

(Please remember to use the "7 day rule" if you are taking antibiotics and the combined oral contraceptive pill.)

≈ Continuing Pregnancy

On-going pregnancy symptoms a week after the procedure should be checked by a doctor. Urine pregnancy tests are very sensitive and can be positive for a number of weeks after a successful procedure, but a blood test is more accurate. You will need to consult a doctor to arrange this test.