

Discharge Advice for Medical Termination of Pregnancy

Pain

It is not unusual to experience abdominal cramps. Take your regular painkillers which should help. A heated pad can also benefit some women. If you have severe pain that is not relieved by painkillers, call your GP or the hospital immediately for advice.

Vaginal Bleeding

The bleeding is usually lighter by the time you go home. You can however experience some bleeding much like a period for 10 days or more after the procedure. This is normal and lessens gradually. It is not uncommon to pass a blood clot or two.

If you are bleeding so heavily that you soak through one menstrual pad per hour for two hours in a row and you are still bleeding, you should phone the GP or hospital immediately. This may be a sign that the womb is not completely emptied of its contents.

Please use sanitary towels instead of tampons until your next period, to reduce the risks of infection.

Infection

In the weeks following a termination you should see your GP if you develop any of the following: lower abdominal pain, a smelly discharge and/or a fever. These can be signs of infection and if they are not treated can lead to a more severe infection (known as pelvic inflammatory disease).

How Will I Feel After a Termination?

How you react will depend on the circumstances of your termination and on how comfortable you feel about your decision. You may feel relieved or sad or a mixture of the both.

If these feelings do not settle it may be helpful to talk to someone you can trust or you can call us and we will arrange an appointment with a counsellor.

Getting Back to Normal

Some women return to work the next day, some need a day or two to recover.

Driving

You should avoid driving until the next day if you have had analgesia with a sedative effect, for example Morphine Injection.

Swimming

You should avoid swimming for two weeks after your treatment, to minimise infection risk.

Air Travel

If you intend to travel following a termination, it is important to inform your travel insurers. This will ensure you are covered should you experience any complications while away. If you intend to take a long-haul flight soon after, discuss this with your GP as there is a slightly increased risk of a deep vein thrombosis (blood clot).

Having Sex

You should avoid sex for two weeks to reduce the risks of infection or until bleeding has stopped. It is possible to conceive a few weeks after your termination, even before you have a period.

When Should I Start Using Contraception Again

You should start using contraception straight away. It is safe to have an intrauterine device (coil/ IUCD) or intrauterine system (IUS) fitted immediately.

Telephone Number

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