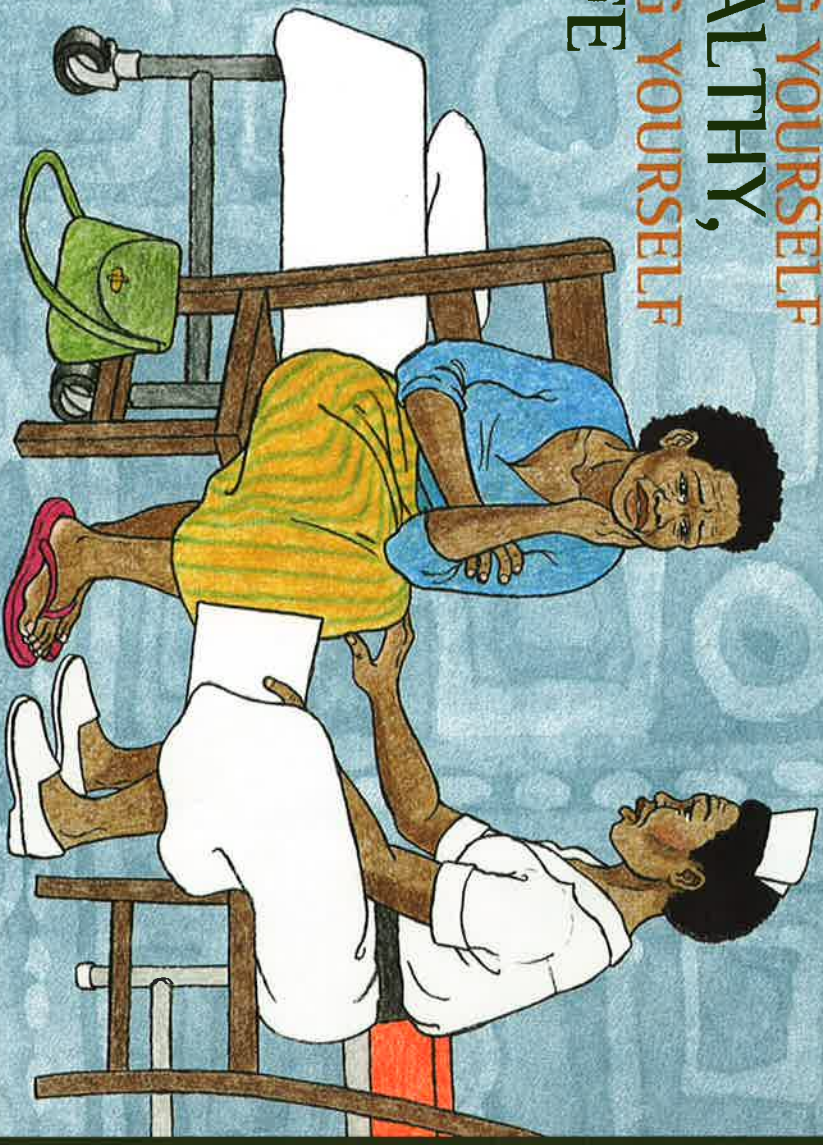


KEEPING YOURSELF HEALTHY, KEEPING YOURSELF SAFE

An
informational
brochure
for women
on self-care
after treatment
for abortion
complications



TAKING CARE OF YOURSELF AFTER TREATMENT

After treatment, it is normal to feel tired and to have bleeding and cramping (similar to a menstrual period) for up to one week. While you are recovering, remember to:

- Use clean cloths, pads or cotton wool and change them every 2-4 hours.
- Take all medications as directed by the nurse or doctor, even if you feel better, and return for a follow-up check-up.
- Drink plenty of water and eat nourishing foods.
- Get plenty of rest, and return to normal activities only when you feel better.

- Begin using a family planning method right away if you do not want to be pregnant again soon. Without contraception, you could be at risk of pregnancy as soon as 11 days after treatment.

It is normal to have feelings of sadness or depression. Some women find it helpful to talk with a counsellor or trusted friend.

Things to avoid:

- Heavy lifting. To allow your body to recover, avoid hard chores, such as collecting firewood, water, or similar chores for at least 2 to 3 days.
- Sexual relations. Do not have sex or put anything inside the vagina until at least 3 days after the bleeding has stopped.



PREVENTING UNWANTED PREGNANCY

You could become pregnant within two weeks after miscarriage or abortion treatment. If you do not want another pregnancy soon, begin using a family planning method right away.

Some family planning methods can be used immediately after treatment for abortion complications. These include:

- Contraceptive pills
- Injections
- Implants



Other contraceptive methods may be used when you have fully recovered and are resuming sexual activity. These include:

- Condoms
- IUDs
- Other barrier methods (diaphragm, spermicides, etc.)
- Sterilisation



Natural family planning methods (rhythm method) are not recommended until a normal menstrual pattern returns (at least two months after miscarriage or abortion treatment).

PREVENT UNWANTED PREGNANCY

Talk to your doctor or nurse about what contraceptive method is right for you

IMPORTANT REMINDERS!

- Remember to take all the medicines you have been given correctly and completely. If you have any questions, ask your doctor or nurse.
- Return for a follow-up check-up on: _____.
- Return to the health facility at any time if you have concerns or think you still have a problem.

DANGER SIGNS AFTER TREATMENT

- Fever
- Dizziness, light-headedness, or fainting
- Abdominal pain
- Severe cramping
- Nausea or vomiting
- Heavy bleeding from the vagina
- Vaginal discharge that smells bad

Return to the clinic immediately if you experience any of these symptoms!

