

# DISCHARGE INFORMATION SHEET FOLLOWING SURGICAL TERMINATION OF PREGNANCY (ABORTION)

THE COOMBE WOMEN & INFANTS UNIVERSITY HOSPITAL

- You should not drive or fly for 24 hours after an anaesthetic.
- You should have a relative or friend ready to escort you home and an adult should remain with you at home overnight.
- You may need to take painkillers for a few days.
- You will be given a prescription on discharge if you need one.
- If you need a letter for work, please ask your doctor before your discharge.
- It is normal to have some vaginal bleeding or pink/brown vaginal discharge for up to 2 weeks.
- You should avoid sexual intercourse, baths, swimming and using tampons until your bleeding has stopped.
- Symptoms of nausea and vomiting should ease quickly but breast tenderness may continue for a few weeks.
- If your Blood Type is Resus Negative, you will need an Anti-D injection before you are discharged.
- If you don't want to get pregnant, you should start using contraception immediately after the abortion procedure.
- If you require a follow up appointment within 2 weeks of your procedure, call us on 01.4085462 to make an appointment.
- Everyone deals with abortion differently. You may feel relief and sadness at the same time. If you find your emotions difficult to manage and you feel you need extra support, you should make an appointment to see your GP. Alternatively free and confidential counselling is available at [www.myoptions.ie](http://www.myoptions.ie) or freephone 1800 828010.

If you have any medical concerns following discharge home, please call the Gynaecology Day Ward on 01 408 5267 or the Hospital Main Reception on 01 408 5200 (after hours/night time).

## **You should call the hospital if you suffer from any of the following complications:**

- Abdominal pain or bloating that is severe, lasts for one hour or more, and is not relieved after taking the recommended dose of pain medication.
- Vaginal bleeding that is heavy (heavier than a menstrual period or completely soaks a large sanitary pad) and continues for more than one hour.
- Foul-smelling, green, or dark yellow vaginal discharge.
- A very high temperature (more than 39 degrees Celsius) or low temperature (below 36 degrees Celsius). If you are checking your temperature, take it 3 times in a 10 minute period to ensure it is accurate.
- Unable to empty your bladder or burning with urination.
- Unable to move your bowels for more than three days.
- Nausea or vomiting that continues for more than one day or that make it impossible to eat or drink.
- Unusual swelling of your leg that is much greater on one side than the other.
- Shortness of breath or chest pain.

This information sheet is not intended to replace verbal communication with medical, midwifery or nursing staff.

