

AFTER TERMINATION OF PREGNANCY

Who should I call if I have any concerns?.....

If you have any concerns or things are not as you expect, you can contact us at *The Gynaecology Centre* during office hours. We also provide afterhours phone support for current patients. Ring any of the surgery numbers listed below as they are diverted after hours for emergency contact.

What can and can't I do?.....

After the operation you should rest for the remainder of the day. You can resume normal activities the next day, but avoid strenuous exercise for approximately 1 week after the procedure.

How can I reduce the risk of infection?....

You were given an antibiotic tablet after the procedure that reduces the chance of an infection. Tests for infection are taken at the time of the procedure and we will contact you within the next few days if you need more antibiotics. You should contact us if you have a temperature or develop pain. There is no evidence from any medical studies that avoiding tampons, intercourse, swimming or taking a bath reduces the risk of infection after termination of pregnancy but it is best not to put anything in the vagina for the first 48 hours. Tampons may be used when the bleeding settles but they should always be changed frequently and always use sanitary pads overnight.

How long does the bleeding last?.....

Bleeding afterwards may be variable.. Bleeding may last only a few days or it may last for 2 weeks. If it lasts that long it shouldn't be heavier than a normal period. Sometimes women get no bleeding at all. Sometimes a woman may not bleed initially or it may be quite light then it may become heavier between day 3-6. There may be accompanying pain and cramps during this time and the loss may be in the form of clots. This may last a few days then it should settle down. This may happen even if the pregnancy was early. Bleeding may then stop and start and be dark brown until the next period. Spotting can occur in the first few cycles on the Pill. Your next period should come in 4-6 weeks time. If the bleeding is very heavy, soaking through a regular pad within one hour, please contact us. If bleeding is heavy and lasts for more than 2 weeks, retained tissue may be a problem and repeat suction of the uterus may be necessary, at no extra cost. This may not be evident at time of procedure, so please call if you have any concerns.

What about pain?...

Mild period type pain or cramping may occur for several days after the procedure. This is normal and may continue until the uterus contracts back to its normal size. The pain should be relieved by simple analgesics, such as paracetamol, aspirin, Nurofen or Naprogesic. If the pain is more severe, especially if you normally get period pain, use 2 x paracetamol together with 2 x ibuprofen (Nurofen) and possibly a heat pack. If it won't be relieved by these simple measures, please contact us.

Pregnancy symptoms?...

Nausea should subside over the next few days, and should be gone by one week. Breast enlargement or tenderness may take a couple of weeks to subside. Please contact us if these symptoms last more than two weeks. **Please note that a urine pregnancy test may still be positive for 2-3 weeks after the procedure.**

If I feel a bit down?...

It is not unusual to experience a feeling of depression after any operation or stressful situation not just because of a pregnancy termination. This may start a few days after but shouldn't last long. If it persists, contact your local doctor.

Contraception....

You can get pregnant again even before your next period, so start contraception immediately. If you decide to take the pill, start the day after the procedure and don't wait until your next period. If you're going to have an injection for contraception (which lasts 12 weeks) or an implant (which lasts 3 years), see your doctor in 10-14 days but abstain from intercourse during this time, or wait until the first period. They can be injected or inserted within the first 5 days of the period. If an intrauterine device is to be inserted, you should wait for your first or second period. The first period usually comes in 4-6 weeks but it may be a little heavier and more painful than usual. Please ring us day 1 of your period to organise an appointment for the insertion of the IUD.

Remember, you've had an anaesthetic....

You may feel slightly drowsy for some time after the procedure. Therefore for the rest of the day, don't drive a motor vehicle, operate machinery, consume alcohol, take any drugs not prescribed for you, sign any important documents, do anything that requires big decisions, etc.

Do I need a post operative check-up?....

We recommend a "general wellbeing" check-up in 10-14 days with your doctor, but if you have any concerns it is best to contact us first.

Canberra: 1st Floor, Morisset House, 7 Morisset St, Queanbeyan 2620. T: (02) 6299 5559 F: (02) 6299 5554

Gosford: Suite 4, 16-18 Hills St, Gosford 2250. T: (02) 4324 5176 F: (02) 4322 9124

Hurstville: Suite 20, 4th Floor, 33 MacMahon St, Hurstville 2220. T: (02) 9585 9599 F: (02) 9585 9716

Newcastle: Suite 9, 24 Brown Rd, Broadmeadow 2292. T: (02) 4962 4999 F: (02) 49624988

Wollongong: Level 3, Cnr Keira and Market St's, 166 Keira St, Wollongong 2500. T: (02) 4227 4100 F: (02) 4227 4122

My Health Record

My Health Record is an Australian Government program which aims to provide an online record of your personal medical information. This record can be accessed by health professionals.

You will automatically get a My Health Record, unless you opted out on or before 31 January, 2019.

If you are under the age of 14, your parent or guardian manages your record for you. They can look at your record and see health information about you uploaded by your doctor, nurse and Medicare. However, under [new privacy laws](#) which came into effect on 4 February, 2019 once you turn 14, all authorised representatives including parents will automatically be removed from your record. Your parents will no longer have access to your My Health Record unless you invite them.

It is important to know that if you are still on your parent's Medicare card they can access your Medicare information until you turn 18. You can get your own Medicare card when you turn 15, and once you do your parent or guardian has no access to your information.

Because of the sensitive nature of our work at this clinic, we have decided not to upload details of your visit to us into your My Health Record.

However, certain elements of your visit to us may be uploaded into your My Health Record automatically, not by us, but by:

Medicare (such as medical services provided by us which are subsidised by Medicare, and the details of subsidised drug prescriptions)
pathology companies (such as test results ordered by us or by another doctor), or
imaging companies (such as reports of ultrasounds done outside our clinic).

If you would prefer that this information is not included in your My Health Record, then you can:

- cancel your My Health Record if you have one www.myhealthrecord.gov.au/for-you-your-family/howtos/cancel-my-record
- remove certain information from your My Health Record www.myhealthrecord.gov.au/for-you-your-family/howtos/remove-information
- block or restrict access to all or part of your My Health Record www.myhealthrecord.gov.au/for-you-your-family/howtos/set-privacy-and-security-controls

Further information on My Health Record

Visit: www.myhealthrecord.gov.au

Call: 1800 723 471