

- A raised temperature.
- An unpleasant smelling vaginal discharge.

As there is a very small risk of failure, if you are still experiencing pregnancy symptoms, such as sickness or breast tenderness after 3 weeks, or your period has not started after 4-6 weeks, we recommend that you either do a pregnancy test or see your GP. Please contact the ward if you have any concerns about this.

Contact details

If you have any questions about any of the information contained in this leaflet please contact the relevant hospital below:

Lincoln County Hospital

Hemswell Ward Mon - Fri 8.30am - 5.00pm 01522 573552

Branston Ward Evenings and weekends 01522 573132

Grantham & District Hospital

Gynaecology Office 01476 464357

Pilgrim Hospital Ward M2 01205 445432

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in other languages, large print, audio (CD or tape) or Braille please email the Public Information Team patient.information@ulh.nhs.uk



United Lincolnshire Hospitals 
NHS Trust

Surgical Aftercare

Gynaecology Departments

www.ulh.nhs.uk

Aim of the leaflet

The aim of this leaflet is to provide further information and aftercare advice following a surgical (medical) evacuation.

After this treatment

It takes 48 hours for the anaesthetic used to put you to sleep to get out of your system properly.

For this reason we advise that for the next 48 hours you:

- Rest as much as possible.
- **Do not** drive a car or ride a bicycle.
- **Do not** operate any machinery or do anything that requires skill or judgement (this includes working and cooking and housework).
- Avoid drinking alcohol.
- Avoid taking sleeping tablets.
- Do not engage in strenuous sport, heavy work or lifting.

What to expect

Pain

For the next 2 days you may experience period-like cramps. Do rest and if you need, use your normal painkillers.

A hot water bottle will also provide some pain relief and comfort.

Sickness

Sometimes you can feel sick after the anaesthetic. This will usually settle over the next couple of days. If it persists, drink water and contact your own doctor.

Bleeding

This may vary. You may bleed for 1-2 weeks or you may have no bleeding at all. Occasionally you may not start bleeding for a few days. Your bleeding may be bright red or dark brown and you might lose some small clots. If this happens, do not be concerned, as long as the loss settles afterwards.

Your next period will usually happen 4-6 weeks after this treatment. It may be heavier than usual but this would be normal.

If you have the depo-provera injection your periods may be a little irregular initially. You may also find that you do not have any periods. This is quite normal with this type of contraception.

Infection

Because the neck of the womb (cervix) is open slightly whilst you are bleeding, there is a risk of infection. To reduce this risk, for the next 2 weeks, or until you have had no blood loss for five days:

- Do not use tampons.
- Avoid sexual intercourse.
- Do not go swimming (baths and showers are fine).
- You will be given some antibiotics afterwards, to take before you are discharged home.

Feelings

As an individual the feelings you may have afterwards will vary. You may have days when you feel 'back to normal' mixed in with days when you feel sadness or a sense of loss. These feelings are normal, but you might find it helpful to talk to someone you know and feel close to.

If you do wish to speak to someone and you are unable to do so with a partner, close friend or family member, you might consider contacting the ward you were discharged from where a member of staff would be able to help you.

If you experience any of the following within 2 weeks of your procedure please contact either the hospital or your GP:

- Prolonged bleeding or blood loss that becomes very heavy.
- You lose a lot of clots which look to be more than 5 cm (2 inches) in diameter.
- Severe pain, or the pain begins to get worse rather than better.