Do you want to know?

Abortion

101
sheet 1/1

What is it?

Abortion is the cessation of pregnancy and expulsion of its product before 20 weeks of gestation.

What do you need to know?

Drugs

- Your physician may prescribe iron for you. You may have dark stools and constipation or diarrhea caused by the iron intake.

Diet

- Increase intake of foods rich in iron like meat, poultry, fish, dry beans, and lentils.
- Increase intake of foods rich in vitamin C like orange juice and green leafy vegetables.

Activity

- Rest for a few days after the abortion.
- Avoid strenuous activity for a few weeks after the abortion.
- Resume normal activity within 48 hours or as specified by your physician.

Therapeutic Measures

- Do not have sexual intercourse until 3 weeks after the abortion.
- Do not introduce anything into the vagina for 6 weeks after the abortion (such as tampons, vaginal douche…)

Considerations

- You should stop having vaginal bleeding after around 2 weeks.
- You should have your first menstrual cycle in about 4 to 6 weeks.
- Your physician should be notified if you develop:
  - Vaginal bleeding for more than 2 weeks
  - Increased vaginal bleeding
  - Foul smelling vaginal discharge or vaginal bleeding
  - High temperature

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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