



Two-Day Surgical Abortion: First Day Discharge Information

Your ultrasound results indicated that you require a two-day abortion procedure. This two-day procedure allows your cervix—the passageway leading from your vagina to the uterus—to slowly open, or dilate, resulting in a safer abortion for you. On the first day, our doctor will insert dilators into your cervix to begin your abortion before leaving our clinic; on the second day, you will return to our clinic to complete your abortion by having our doctor surgically remove the pregnancy from your uterus under anesthesia.

What are dilators and how do they work?

Dilators are smooth and round condensed sponges that function similarly to a dry sponge or tampon. Dilators are designed to fit into your cervical opening, so they do *not* harm you. When inserted into the cervix, dilators absorb the natural bodily fluids around your cervix and slowly expand to double or triple their original size. The expanded dilator(s) will slowly widen your cervix so the doctor can access the pregnancy in the uterus to perform a surgical abortion.

After having dilators inserted, most women experience mild to moderate—and, in some cases, intense—cramping. In general, cramps signal that the dilators are working and are a natural response from your body as your cervix opens. It's important that you do not put anything in your vagina after the dilators are inserted (including tampons, douching, baths, or sex), as this may cause severe infection or other complications.

Will I be awake or asleep?

The first day of your abortion you will be awake while the doctor inserts dilators into your cervix. The second day of your abortion procedure requires IV sedation, which means that you will be asleep during the surgical removal of the pregnancy and will not experience pain or discomfort during that time.

What kind of pain medication can I take for cramping?

After having dilators inserted, it's likely that you'll experience mild to moderate cramps (similar to menstrual cramps). Before leaving the clinic, you'll receive a prescription for Ibuprofen 800mg and Tylenol # 3. You will want to go to the pharmacy immediately to have these prescriptions filled and on hand if you need them throughout the night.

Ibuprofen 800mg

What is it? This medication is for mild to moderate pain relief.

When do I take it? You can take up to 800mg every 6 to 8 hours as needed for cramps.

How do I take it? This medication can upset your stomach. To help prevent this, take each dose with food.

Precautions: *Do not* take ibuprofen if you are allergic to NSAIDs or Aspirin.

Do not take more than 4 800mg tablets of ibuprofen in a 24-hour period.

Do not take high doses of ibuprofen for more than 7 days.

Additional information: This medication is sold in 200mg tablets as generic ibuprofen as well as under the following names: Advil, Motrin, and Nuprin. If you chose to purchase 200mg tablets you can take up to 4 tablets at a time every 6 to 8 hours to equal 800mg.

Tylenol # 3

What is it? This is a pain reliever containing acetaminophen (Tylenol) and codeine.

When do I take it? We suggest that you take this medication before you go to bed tonight. Remember, you cannot drink after midnight tonight. You can also take this for moderate to severe pain after your abortion is complete tomorrow.



How do I take it? Take 1-2 tablets with food every 4-6 hours as needed for moderate to severe pain.

Precautions: *Do not* drive or operate any machinery after taking this medication

Do not take if you are allergic to Tylenol or Codeine

Do not drink alcohol while taking this medication

Additional Medications:

Doxycycline 100mg (13 pills in your bottle)

What is it? This is an antibiotic to prevent infection.

When do I take it? Take one tablet twice a day for seven days. You will take one with us today in the clinic. Take your next dose tonight with food. Do not take your 3rd dose in the morning! You will not be able to eat or drink anything before your procedure. Wait until after your procedure tomorrow to take the 3rd dose. Continue to take the pills every 12 hours after.

How do I take it? This medication can upset your stomach. To help prevent this,

- Take each tablet with food but not within 30 minutes of dairy products
- Take each tablet with a full glass of water
- Sit or stand for at least 30 minutes after taking this medication

This medication is less effective when taken with vitamins, mineral supplements, or antacids. If you take vitamins, minerals, or antacids, have them at least two hours before or two hours after taking your Doxycycline.

Precautions: *Do not* take this medication if you are allergic to Doxycycline or tetracycline.

Do not take this medication if you are breastfeeding.

This medication makes your skin more sensitive to the sun. Even if you do not normally experience sunburn, stay out of the sun and use a sunblock when outdoors.

If you develop a rash, itching, hives, severe heartburn, or trouble breathing while taking this medication, call the clinic immediately. You may be allergic to Doxycycline.

****It's important to alert clinic staff to any allergies or other medical conditions you have so we can factor that into decisions made about pain management medications and all else related to your abortion procedure****

What could happen after leaving the clinic on the first day?

Aside from mild to moderate cramps (similar to menstrual cramps) and mild bleeding for some women, there are a few things that *might* happen after you leave the clinic on the first day and before you return to the clinic on the second day. One possible side effect of having dilators inserted is that your water could break, feeling like a gush or trickling of fluid coming out of your vagina. This fluid is usually clear or has a greenish tint. This situation is *not* an emergency. It is recommended that you change your clothes and tell the clinic your water broke when you arrive on your second day.

Another possible side effect of having dilators inserted is that they may fall out. Gauze has also been placed in your vagina to hold the dilators in place- this could also fall out. Do not attempt to put anything back into your vagina if it falls out. Tell the clinic when you arrive on your second day if this happens.

Lastly, there is a slight risk of experiencing a spontaneous abortion (miscarriage) after having dilators inserted into your cervix. This situation *must* be treated as an emergency and you should go to the hospital emergency room for immediate care.

How do I prepare for the second day of my abortion?

1. It's crucial that you ***have nothing to eat, drink, smoke, or chew after midnight the night before***, as you will be having anesthesia on the second day of your abortion procedure. Having anything in your digestive system can be life-threatening so we ask that you don't drink any water, chew



any gum, eat candy or mints, smoke cigarettes, etc. Brushing your teeth is okay, but don't swallow anything.

2. ***Get as much rest as possible!*** It's recommended that you go home after your first day and avoid any strenuous activity. You must remain in the Philadelphia area (no more than 1 hour away from the clinic) until you complete the second day of your abortion procedure. It's also important for you to have transportation available, so you can seek emergency care if needed.
3. ***Return to the clinic with your escort at 7:30 AM on the second day,*** unless otherwise instructed. Your counselor will call your escort during your session on the first day to confirm your escort arrangement. Your escort must come upstairs with you and register at the front desk. Your escort must also be available to return back to our clinic after your abortion (we will call him/her when you are done with the abortion). We do not know how long your body will need to dilate the second day, so plan to be in our office for 4-10 hours. *Remember, you cannot drive a car after having anesthesia, and you need someone else to make sure you return home safely.*

It is extremely important that you return to the facility on the 2nd day of your procedure for the removal of the dilators and the completion of your abortion procedure. If you do not return to the center you are at risk for serious complications including infection and even death. If you are having difficulty returning to the facility on the second day of your procedure, please call the center immediately.

4. ***Make arrangements for childcare.*** On the second day of your abortion procedure, you may be in the clinic for 8 hours or more. You'll also be given anesthesia during your surgery tomorrow, which will make you feel sleepy and groggy afterward, and you will not be able to care for small children until the day after tomorrow.
You may experience drowsiness, nausea/vomiting, or sore muscles. These are normal side effects of the medications given to you during your surgery and will wear off within the next 24 hours following your abortion. It is very important that you do not drive, operate machinery, or make any important decisions for the next 24 hours. Even if you feel you are OK to do such things, the medications are still in your system and can impair your judgment
5. ***Call the clinic hotline at 800-869-2330*** if you experience any of the following tonight
 - Severe cramping that does not go away after taking pain medication;
 - Heavy bleeding (soak 2 maxi pads in one hour);
 - Large blood clots (the size of a golf ball); and/or
 - Fever of 100.4 degrees or higher