

Post Abortion Care

Introduction

Read this information carefully before taking MTP Kit. This information will help to answer some of the most common questions you might have regarding medical abortion. It is not meant to replace advice from a doctor.

MTP Kit should only be used to terminate the pregnancy upto 63 days (9 weeks).

MTP Kit is not recommended for ending later pregnancies (>63 days).

What Is Medical Abortion?

Medical abortion is the termination of pregnancy by taking medication. The medicines which are commonly used for medical abortion are Mifepristone and Misoprostol.

What Does Mtp Kit Contain?

MTP Kit contains one tablet of 200 mg Mifepristone and four tablets of 200 mcg Misoprostol .

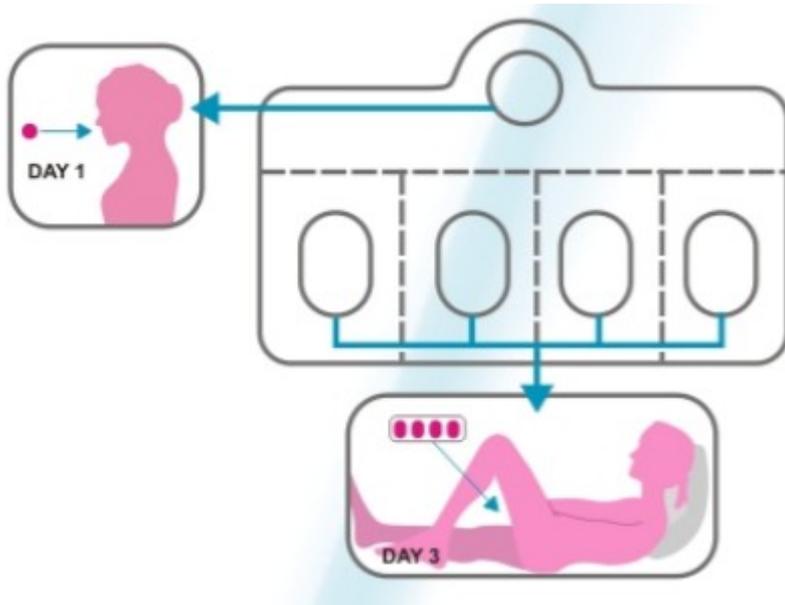
How Should I Take Mtp Kit?

MTP Kit should only be used to terminate the pregnancy up to 63 days (9 weeks).

MTP Kit is not recommended for ending later pregnancies (> 63 days).

Day 1: One tablet of Mifepristone to be taken orally.

Day 3: Four tablets of Misoprostol to be inserted vaginally.



Day 14: Follow-up visit to the doctor's clinic. To be sure the abortion and recovery is complete, it is important to have a check-up about 1- 2 weeks after the procedure.

What To Expect Following A Medical Abortion?

► 1. Bleeding:

Vaginal bleeding during an abortion is normal. Bleeding can vary, some women bleed for long periods of time and some may bleed less. Bleeding after medical abortion can last for a period of up to 9 - 13 days. Many women will pass some blood clots.

You should seek medical advice if you:

- Have little or no bleeding for 4 hours after taking the last tablet.
- Have heavy bleeding (soaking through a pad in an hour or less) for two or more hours in a row.
- Have persistent and continuous bleeding like a period or heavier for more than 2 weeks.
- Are passing clots larger than a 50 paise coin for more than 2 hours.

► 2. Cramps:

You may experience severe to mild cramping for several days during and after an abortion. While passing clots, the cramps are often more severe. Sometimes the cramps are felt in your lower back or down your thighs. Your doctor may prescribe pain killers for the same.

You should seek medical advice:

- If you have severe cramps (with or without bleeding) that are not relieved with pain killers.

▶ 3. Fever:

Fever is a side effect of one of the drugs used for abortion but it can also be a sign of an infection.

You should seek medical advice:

- If you have fever for more than a day and is higher than 100° F.
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▶ 4. Physical & Emotional Changes

- Breast Discomfort:

Your breasts may feel heavy or painful to touch; this should go away within one week.

- Nausea:

This is usually one of the first pregnancy signs to go away after an abortion. Many women feel better immediately. If the nausea and vomiting has been severe, it may take a day or two to go away completely.

- Tiredness:

Feeling very tired is common during early pregnancy and should go away within a few days.

- Emotional Changes:

Some women will feel sad or weepy for a few days after an abortion. This can be due to sudden hormonal changes. If you feel sad or weepy for more than a few days, you can talk to your doctor for the same.

Is There Any Information That I Should Share With My Doctor?

You need to inform your doctor if:

- our blood group is Rh negative, it is of utmost importance to inform your doctor as Injection Anti D needs to be taken to prevent complications in future pregnancy.
 - You are breast feeding.
 - You are taking some medications.
 - You have any allergies.
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When Can I Get Back To Regular Activities?

Try to rest and relax for the first 24 hours after the abortion. Most women are able to return to their normal activities the next day. It is important to try to avoid strenuous exercise (jogging, biking and aerobics) or heavy lifting for a minimum period of two weeks. Strenuous activity may cause you more cramping and heavier or longer bleeding.

Sexual intercourse is not recommended until bleeding stops.

How To Maintain Personal Hygiene During This Period?

Gently cleanse the external genitalia with soap and water as part of daily bathing to help eliminate odour.

Every time you use the toilet, wipe the genitals from front to back to avoid the spread of bacteria from the anus to the vagina and wash your hands before and after using the bathroom and whenever changing pads.

Who Should Not Take Mtp Kit?

Do not take MTP Kit if:

- You are not definitely pregnant.
 - You have an IUCD* (a contraceptive device put in the uterus). It must be taken out before you take MTP Kit .
 - Your doctor has told you that you have a pregnancy outside the uterus (ectopic pregnancy).
 - You have problems with your adrenal glands (chronic adrenal failure).
 - You take a medicine to thin your blood.
 - You have a bleeding problem.
 - You take certain steroid medicines.
 - You cannot easily get emergency medical help in the 2 weeks after you take MTP Kit.
 - You are allergic to Mifepristone, Misoprostol, or medicines that contain Misoprostol . Tell your doctor about all your medical conditions to find out if you can take MTP Kit. Also, tell your doctor if you smoke.
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When Should I Begin Birth Control?

As there is no "safe" time after an abortion, you may get pregnant as early as 4 - 6 weeks post abortion; this may hamper your health, thereby you need to use some method of birth control.

Birth control methods should be started as soon as it is determined that the pregnancy is terminated.

Avoiding sexual intercourse is preferred or else condoms may be used till bleeding stops.

Consult your doctor for regular contraception.

All modern methods of contraception are acceptable provided that you undergo thorough counseling & screening for precautions.

What To Do If I Am Still Pregnant After Mtp Kit Treatment?

If you are still pregnant, your doctor will talk to you about the other choices you have, including a surgical procedure to end your pregnancy. There is a chance that there may be birth defects if the pregnancy is not ended.

▶ Warning Signs:

Contact your doctor immediately if you have any of the following signs:

- Heavy bleeding for two or more hours in a row.
- Bleeding continues like a period or heavier for more than 2 weeks.

- Passing clots larger than a 50 paise coin for more than 2 hours.
- Foul smelling vaginal discharge.
- Severe cramps (with or without bleeding) that are not relieved with pain killers.
- No period for more than 6 weeks.

Rating:



Your rating: None

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