

## Gynaecology / Day Surgery Unit

# Patient information after termination

### What to expect after the procedure

It is common to expect slight bleeding, and period type cramping pains for up to 10 days following termination. Bleeding will get less each day. If the bleeding becomes very heavy and persists for a longer period, you should seek help from your GP or from the Gynaecology ward at the hospital. Some people have very little discomfort and get little bleeding or no bleeding at all, this is completely normal and should not worry you.

### Pain relief

You will be prescribed painkillers to take home with you which should help ease any discomfort you feel. If the discomfort is worse than a bad period, please seek help from your GP or the Gynaecology Ward. Please also seek help if you have pain and feel unwell or have a fever in the week after your operation.

### Emotional

You will need to have someone to support you through this time, whether it is a partner, family or friends. You may find that after a few days your feelings can be quite mixed up, this is partly the result of a stressful experience and partly due to hormonal changes. If you find that you continue to feel distressed you should look for help from your GP or Family Planning Clinic.

### Contraception

Following a termination of pregnancy many women are worried that their method of contraception has let them down, and that it may do so again. Other women decide that this is an appropriate time to change their method of contraception. You can pursue this further with your GP or alternatively the family planning clinic at Auckland Road. Either of these will be able to assist you in your decision. The telephone number for the clinic is **01223 533320**.

## Swabs

Swabs are taken from the entrance to the womb when you are seen in the TR clinic to check for infection. Usually the results will have been available before your operation; you will be given antibiotics if necessary. If you were found to have the infection Chlamydia you will also have been advised that you will need to get your sexual partner investigated and, if necessary, treated. You will be given information about the Genito-Urinary Medicine Clinic at Addenbrooke's Hospital, Clinic 1A. If you do not get your partner tested and treated they may re-infect you.

There are occasions that your swab result is not back in time for your operation. In this case you will be given your antibiotics to cover you for your operation. If we get your results later and we find that you have Chlamydia we will write to you about getting treatment for your sexual partner. This letter will be sent to you from the family planning clinic.

## Further Information

If you are worried about your condition, contact one of the following:

- |   |              |
|---|--------------|
| 1. Addenbrooke's Day Surgery Unit                 | 01223 256330 |
| 2. Gynaecology Ward L4 (out of hours and weekend) | 01223 348500 |
| 3. Your Consultant's registrar                    | 01223 245151 |
| 4. Daphne Ward                                    | 01223 217636 |
| 5. Your General Practitioner (GP)                 |              |

Please ask if you require this information in other languages, large print or audio format:  
01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

## Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

## Cantonese

तमने आ माहिती वीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभली शकाय जेवा माध्यम  
(ओडीओ इमेज)मां जेठती छोय तो कृपा करीने पूछो.

## Gujarati

تکایه پرسیار بکه نه گهر نه وزانیاریهت دهوی به زمانیکی تر , به بیٹی گهوره یانیش به شیوهی دهنگ

## Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

## Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.  
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

## Document History

Authors	Day surgery unit
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