

終止懷孕之出院指示

終止懷孕後應注意的事項

終止懷孕後二星期，陰道可能仍有出血現象。首三天至四天，出血量會較多，其後便會逐漸減少。停止後可能會再有小量出血。小腹微痛是常見現象，一般持續數天不等，但會逐漸消失。胸部可能會有漲痛，甚至有奶水分泌，一般持續一星期，請不要擠弄，可戴上緊身胸圍。

日常生活應注意事項

- ◆ 剛終止懷孕後首二至三天，應避免劇烈運動
- ◆ 日常起居的活動包括家務，應按照個人能力進行
- ◆ 身體復原快慢乃因人而異，妊娠的時間愈長，所需的休息時間亦相對較長。一般要有二至三天的休息較為理想
- ◆ 飲食可以如常，無須戒口
- ◆ 陰道出血期間，應保持清潔、常換衛生墊及淋浴，但不可沖或灌洗陰道
- ◆ 如須避孕，必須採用適當的避孕方法

避孕方法

- ◆ 避孕丸可在手術後當天開始服食
- ◆ 若需要事後避孕丸，請在行房後儘快向醫生或家庭計劃指導會查詢

- ◆ 避孕針亦可在手術後當天注射
- ◆ 子宮環可在手術後即時配戴
- ◆ 輸卵管結紮可由醫生安排日後做手術

月經

終止懷孕後六至八星期會恢復行月經，這段時間避孕需視乎月經週期而定。

併發症

如發現下列情況，請即求診

- ◆ 劇烈肚痛
- ◆ 大量血塊或組織物排出
- ◆ 不明原因的發高熱及發冷等
- ◆ 陰道流出異味分泌物

覆診

請依指定日期回院覆診，醫生會評估你身體復原的程度，最重要的是檢查手術是否成功。

如有任何查詢
請聯絡你的主診醫生


以上資料由瑪麗醫院婦產科提供



瑪麗醫院
Queen Mary Hospital

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IMPORTANT INFORMATION AFTER TERMINATION OF PREGNANCY

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IMPORTANT INFORMATION AFTER TERMINATION OF PREGNANCY

Bleeding and discomfort

You may experience vaginal bleeding up to 2 weeks after the procedure. In the first 3 to 4 days, bleeding may be heavier and it should gradually decrease. However, it may recur after subsiding. You may also experience mild some cramps in your lower abdomen for a few days. Some may have breast discomfort like engorgement/dribbling of milk. Wearing of supportive bra may relieve the discomfort. It usually stops within a week.

Daily activities

- ◆ Avoid heavy exercise in the first 2 to 3 days
- ◆ Daily activities including housework should be taken up according to your fitness
- ◆ Recovery following the procedure varies with individual, and usually takes 2 to 3 days. The duration of full recovery is usually longer if the termination of pregnancy done at a larger gestational age.

- ◆ There is no need for any food restriction
- ◆ Keep clean and change sanitary pads during the period of vaginal bleeding; shower as usual but avoid vaginal douching
- ◆ If you do not want to conceive again, you should practice contraception

Contraception

- ◆ Oral contraceptives can be started on the same day of the procedure
- ◆ Injectable contraceptives can be injected on the same day of the procedure
- ◆ Intrauterine device can be inserted during the procedure or afterwards
- ◆ Tubal sterilisation can be performed afterwards
- ◆ Contact your family doctor or staff at the Family Planning Association as soon as possible in case need of any emergency contraception

Return of menses

Your period will return usually at 6-8 weeks after the procedure. The exact time varies depending on the method of contraception and your usual cycle length

Complications

Consult doctor if you experience the followings

- ◆ Severe abdominal pain
- ◆ Heavy bleeding or passage of tissue mass
- ◆ Unexplained high fever or chill and rigors
- ◆ Foul smelling vaginal discharge

Follow up

Please return to the designated clinic for follow up. Doctor in the clinic will assess whether you have completely recovered and, most importantly, determine whether the operation is successful or not

Should you have any queries, please consult your doctor-in-charge

Information provided by the Department of Obstetrics and Gynaecology, Queen Mary Hospital