

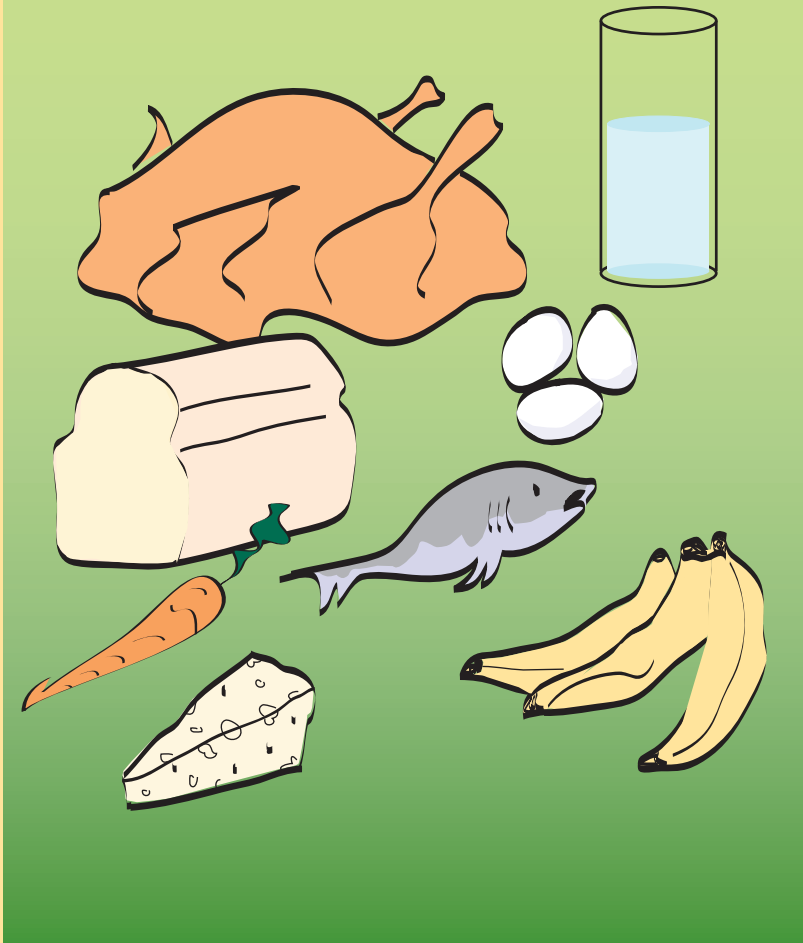
When a pregnancy ends, you need to take care of yourself



Get support from your partner, family, friends or health provider.



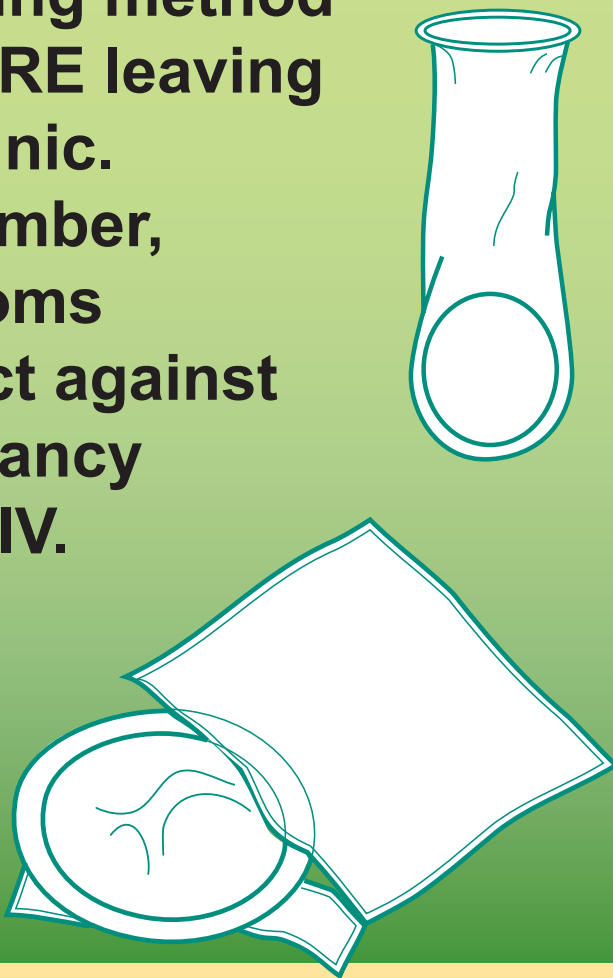
Rest and eat well.



Don't put anything in your vagina for one week. Don't have sex until all vaginal bleeding has stopped.



Choose a family planning method **BEFORE** leaving the clinic. Remember, condoms protect against pregnancy and HIV.



Return to the clinic if you have too much bleeding, bad stomach pains, bad smelling discharge from your vagina, fever, or you don't feel well.



After abortion or miscarriage, wait 6 months before becoming pregnant again. This will reduce health problems for the mother and the baby in the next pregnancy.

(2006 WHO Policy Brief)

You can become pregnant again BEFORE your next monthly bleeding. Use a family planning method immediately or when you decide to have sex.