If you have one or more of the following symptoms, **you must return to the clinic:**

- Heavier bleeding than your normal monthly bleeding
- Fever
- Dizziness or fainting
- Severe stomach pains
- Bad smelling discharge from your vagina

Remember:

- You have the right to ask for and receive information from health workers.
- You can become pregnant again **BEFORE** your next monthly bleeding. Use a family planning method immediately or when you decide to have sex.
- After a miscarriage or abortion, you should wait six months before becoming pregnant again to reduce health problems for the mother and baby in the next pregnancy.
- You should return to the clinic immediately if you have severe bleeding, fever, bad smelling discharge from your vagina, severe stomach pains, or don't feel well.
- Condoms will protect you from pregnancy and sexually transmitted infections, including HIV.

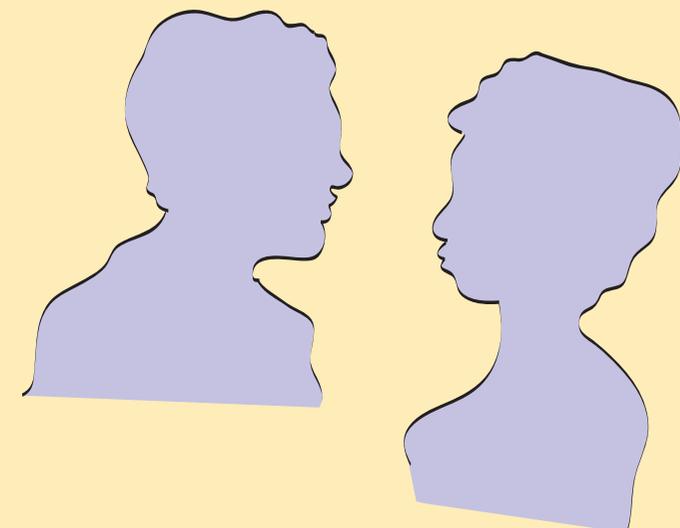*When a pregnancy ends, you need to take care of yourself*

This brochure shows you how to take care of yourself at home. It also has information on family planning methods that can help you prevent another pregnancy for at least six months.

The end of a pregnancy can affect you physically and emotionally.
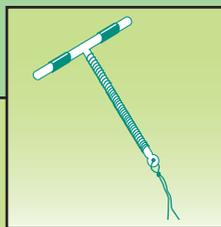## To get better, it's important to:

Get support from health providers in the clinic.

Get support from your partner, your family, or people close to you.

Rest, and eat well. Eat everything that you are used to and drink plenty of liquids.
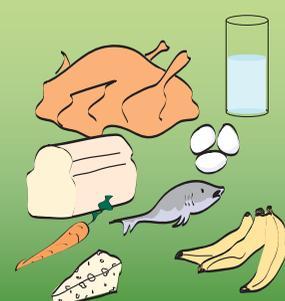
Wash or bathe with soap and water every day.
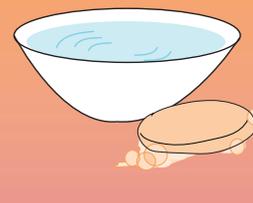
Use only the medicines that were prescribed until you have finished your treatment.

Do not put anything in your vagina for one week, including tampons, tissue, or rags.

You can get pregnant again BEFORE your next monthly bleeding.
Health providers can help you and your partner choose a family planning method to prevent another pregnancy and answer your questions.

You can start sexual relations two to three days after you stop bleeding and when you feel comfortable.

After an abortion or miscarriage, wait six months before becoming pregnant again. This will reduce health problems for the mother and baby in the next pregnancy. (2006 WHO Policy brief)

IUD
This is a small device that is placed inside your uterus. It offers up to 12 years of protection and can be removed by a health worker at any time.
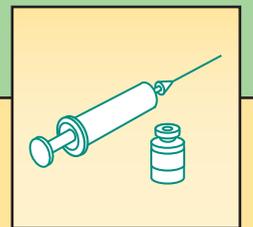
INJECTABLES
These are injections that you receive once every 2 or 3 months. The time depends on the type of injection you choose.
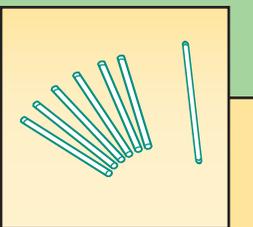
IMPLANTS
These are small plastic rods or capsules that are placed under the skin in your arm. They offer 3-7 years of protection depending on the type you choose.
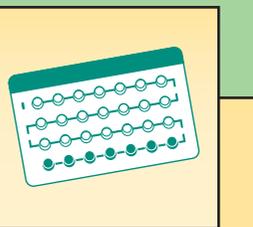
PILLS
These are tablets that you take every day at the same time.
If you forget to take the pills, you may become pregnant.
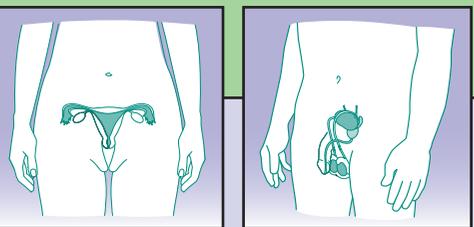
TUBAL LIGATION or VASECTOMY
These are permanent methods for women and men who have the number of children they want. The surgery can take place any time you and your partner decide.
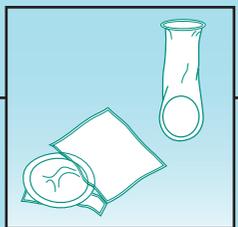
CONDOMS
Condoms can prevent pregnancy and sexually transmitted infections, including HIV. A new condom should be used every time you have sexual relations.
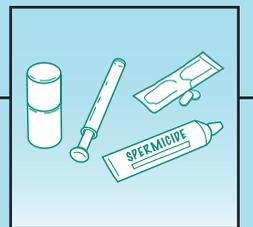
SPERMICIDES
These are foam, creams, jellies, or tablets that you place inside your vagina before having sexual relations.
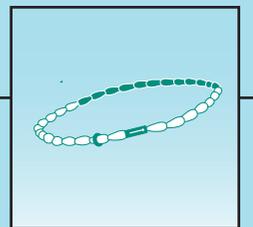
STANDARD DAYS METHOD
To use this method, you learn the fertile days of your menstrual cycle. You must avoid sexual relations or use condoms on days when pregnancy is possible.