

## 流產後出院須知

### 流血與不適

流產或吸宮後兩星期，可能仍有陰道出血現象。首三至四天，出血量會較多，其後便會逐漸減退，但出血現象亦有可能重現。小腹微痛是常見現象，持續數天不等，時間長短是會受流產時胎兒的週數所影響，但會逐漸自動消失。胸部可能還會出現漲痛，或甚至有奶水分泌，請不要擠弄，可戴上緊身胸圍，不適情況一般持續一星期。

### 情緒困擾

很多婦女在流產後會哭泣，傷心，情緒受到短期困擾。少數會有較長期的嚴重哀傷，需要家人、朋友的支持。如有需要，請尋求專業輔導。

### 月經

視乎你所採用的避孕方法或個人月經週期而定，一般在流產後六至八星期會恢復行月經。如流產後立刻使用荷爾蒙性避孕法，你的主診醫生應可估計到你何時會恢復月經。

### 日常生活注意事項

- ◆ 日常起居活動包括家務，應按照個人能力進行。

- ◆ 身體恢復快慢因人而異，休息二至三天較為理想。
- ◆ 飲食可以如常，無須戒口。在還有出血現象時，請不要服用行氣活血的中藥材。
- ◆ 陰道出血期間，應保持清潔，常更換衛生巾及淋浴，不可灌洗陰道。
- ◆ 如不欲懷孕，應採取適當的避孕方法。

### 下一次懷孕

建議在恢復經期及覆診後，確認身心無恙，才計劃下一次懷孕。

### 給非手術處理流產的跟進

如有大量陰道出血或劇烈腹痛，請盡快求診。出院前護士會給你一個小樽，讓你收集可能在回家後排出的胎組織，收集後請盡早交回病房作化驗。會安排覆診。

### 併發症

如發現下列情況，請即求診


- ◆ 腹痛增強
- ◆ 大量血塊或組織物排出
- ◆ 陰道排出異味分泌物
- ◆ 不明原因的發燒及發冷

以上資料由瑪麗醫院婦產科提供



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## 流產後出院須知 GENERAL DISCHARGE INFORMATION AFTER MISCARRIAGE

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## GENERAL DISCHARGE INFORMATION AFTER MISCARRIAGE

### Bleeding and discomfort

You may experience vaginal bleeding up to 2 weeks after miscarriage. In the first 3 to 4 days, bleeding may be heavier and it should gradually decrease. However, it may recur after subsiding. You can expect some cramps in your lower abdomen for a few days. Depending on the gestational age for the miscarriage, some women may have breast discomfort, engorgement or dribbling of milk. Do not try to express the milk. Wearing of supportive bra may relieve the discomfort. This discomfort usually stops within a week.

### Feeling Emotional

Many women feel tearful, sadness and emotional for a short time and some may experience intense grief for a longer period of time. Support from family and friends are essential. You should seek professional advice whenever necessary.

### Return of menses

Your period (menses) will return usually within 6-8 weeks after miscarriage. The exact timing varies, depending your usual cycle length. Should hormonal contraception be used immediately after miscarriage, the doctor will be able to let you know about your menstrual timing.

### Daily activities

Daily activities including housework can be performed according to your fitness. Recovery following miscarriage varies with individuals. The resting period usually takes 2 to 3 days.

There is no food restriction, but it is advisable to refrain from taking herbal medicine when you are still bleeding.

Keep yourself clean and change of pads frequently during the period of vaginal bleeding. Have daily shower as usual but avoid vaginal douching.

If you do not want to conceive again, you should practise contraception.

### Next pregnancy

It is advisable to plan the next pregnancy

after the return of normal menstruation and follow up assessment.

### Special follow up for non-surgical intervention of the miscarriage

Please consult doctor in case of heavy vaginal bleeding and/or severe abdominal pain. A specimen bottle will be given to you upon discharge for collection of tissue mass that you may pass at home and it should be send back to the ward for pathological examination. A follow-up appointment will be arranged.

### Complications

Seek medical advice if you experience

- ◆ Increasing abdominal pain
- ◆ Heavy and prolonged vaginal bleeding or passage of tissue mass
- ◆ Foul smelling vaginal discharge
- ◆ Unexplained high fever