

## Medical Information

You have been given or advised about...

### Pregnancy Prevention

- Ovral (2 tabs now, 2 tabs in 12 hrs)
- Gravol (50 mg now, 50 mg in 12 hrs)

### Sexually Transmitted Infections

#### Prophylaxis

- Azithromycin (1 gram x 1 dose)
- Cipro (400 mg x 1 dose)

### Hepatitis B Protection and Immunization

- You are already immunized
- HBIG given
- Hepatitis B vaccine x 1 dose with
- Public Health referral given

### Tatanus and Diphtheria

- td given

### HIV PEP

- HIV pep has been given as per protocol



## Other Resource Numbers

Sexual Assault Crisis  
and Prevention Center  
1-800-726-2743

Women's Centre  
639-8522

Victim Services  
637-2614  
637-2465

Mental Health & Crisis Line  
1-888-737-1668

Transition House  
1-866-634-4198  
634-4198

Western Memorial Hospital  
637-5000



### OUR VISION

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible.

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# Sexual Assault Nurse Examiner



## Patient Medical Information and After Care



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## Medications

- Keep this pamphlet and you can take it to your physician.
- All the medications you have received are on this pamphlet and also sent to your GP with your permission.
- If you have any concerns regarding the medications you can call your doctor.
- You should expect to have some period type bleeding within 3 weeks if you were given the MAP.
- If you miss a period, you should see your physician for assessment.
- Swabs for sexually transmitted infections were not taken. This can be followed up by your physician.

## Vaginal Bleeding

- You may have vaginal bleeding after the assault.
- If you received pregnancy prevention medication, you may have some “break through” bleeding.
- If any time you are concerned about the amount of bleeding, please seek medical advice as soon as possible.

## Burning, Itching, Soreness in Genital Area

- Soaking in warm, clean water 2 or 3 times a day may help.
- Keep yourself clean and dry.
- If you notice any unusual discharge that does not go away or any other problems, contact your physician as soon as possible.

## Difficulty in Urinating (Burning)

- This may be due to tissue swelling. Drink plenty of fluids; cranberry juice is good.
- If you see blood in your urine or the burning sensation lasts longer than 2 or 3 days, please see your physician.



## Soreness or Bruising to Other Parts of Your Body

- Soreness may get worse over a couple of days. It will slowly start to improve.
- Apply cold compresses to the bruises for the first 24 hours; then warm soak tubs may help.
- You can take over the counter Tylenol or Advil.

## Anal Soreness

- Bowel movements may be painful for the next week or so.
- Drink plenty of fluids and increase your fiber intake.
- If you notice any bleeding, please see your physician.

## Cuts or Sores Inside Your Mouth

- These should heal in 2 weeks.
- Gargling a mixture of warm water and salt may help heal the tissues.
- Avoid anything spicy, hot or acidic (e.g. oranges) until you heal.

**Take care of yourself - you will get through this trying time.**