

1 trimester abortion. Procedure information.

Day 1. Pre-abortion visit, preparation.

Day 3. Medical drug induced abortion in your home

Day 16. Follow up at the clinic

Day 1. Pre-abortion Consultation

You meet with your doctor at the clinic. You will receive information about the procedure and answers to your questions. You will have a gynecological examination and an ultrasound to determine how far along the pregnancy is. Medically induced abortion is not recommended, if you are more than 8+6 weeks pregnant.

Bring your yellow social security card.

If you haven't signed the form requesting abortion at your private practitioners office, you must do it at the clinic.

If you have not been checked for Chlamydia by your private practitioner, you will be tested at the clinic during the gynecological exam. In case you test positive for chlamydia, you will receive a prescription for Zitromax to treat the condition.

After examination and consultation you will take 1 tablet Mifegyne, which will stop the pregnancy from developing further. After taking the tablet, there is no going back. You will take the tablet at the clinic. If you need more time to think about your decision, a new appointment will be made.

You will receive more medication (Cytotec) you will self-administer at home on Day 3.

You may experience bleeding or cramping on Day 1 or Day 2. Even if you start bleeding, you must proceed to take Cytotec on day 3 as described below.

Day 3. The Abortion.

When Mifegyne has had effect for about 48 hours, you will proceed by putting 3 tablets of Cytotec in your vagina and then stay in bed for 1 hour. After the hour has passed you may get up and walk around as you please.

Cytotec causes the uterus to contract and empty itself, thereby completing the abortion. You will experience some pain and bleeding. The bleeding will resemble your period, but you should expect to bleed more and you maybe experience some lumps. (remember to buy big pads/napkins).

The pain can be severe menstrual pain/cramping. You should take pamol and Ipren for pain relief.

You should expect sick leave for Day 3. You will need adult supervision for 24 hours to help and support you in case of complications.

For most women, the abortion will be over after 4-5 hours, however it can take longer than that. You will know you aborted because the pain and bleeding will decrease. You should expect some bleeding for 1-2 weeks, rarely up to 4 weeks. If you have not had heavy bleeding after 24 hours after putting the tablets in your vagina, you should contact the clinic again.

The clinic staff will contact you on Day 3 after lunch, or the first day after the weekend if you happen to go through the procedure over the weekend.

Day 14-16. Ultrasound

We will see you at the clinic approximately 2 weeks after the abortion. We use ultrasound to inspect your uterus to make sure your bleeding is normal and the pregnancy is terminated. At the same time we will have a talk about birth control.

Advice and guidance.

We recommend that you use pads and NOT tampons during the abortion. You should expect to be on sick leave on Day 3, other than that sick leave isn't necessary. You may be sexually active again when you feel ready. To prevent infection, we recommend you use a condom as long as your experience bleeding.

Complications.

On rare occasions you can experience severe bleeding. If that happens, you should contact the clinic during office hours. Phone number 75532877 or our emergency phone number 27741761.

After office hours you should contact Gynækologisk afdeling påKolding Hospital. 76362439, remember to bring your journal if you go to the hospital.

Very rarely you can experience an infection in your uterus, fever and pain. This is usually caused by an incomplete abortion and you may experience heavy bleeding.

(soaking a big pad in 30 minutes) About 5% need a surgical evacuation of the uterus, sometimes called dilation and curettage or D&C. In some, the medication doesn't work and the pregnancy isn't expelled. For that reason, it is important the ultrasound inspection is carried out.

Birth control.

If you want to use birth control pills, you can start at night on day 3 or the day after. You can have an IUD (intra uterine device) after your first period which is expected after 4-6 weeks. IUD should only be administered by your private practitioner or by your doctor here at the clinic.

Questions:

If you have questions or problems, contact the clinic.

You can read more about abortion on the website www.gynkolding.dk

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