



Surgical abortion & exercises

A surgical abortion can be performed from pregnancy week 7+1 to 13+0. Sometimes, a curettage may be necessary due to pregnancy remnants or miscarriage. During a curettage, the pregnancy is suctioned out through a thin tube connected to a vacuum suction. You will be under brief anaesthesia during the procedure.

Preparations at home the evening before the surgery

Remove jewellery/piercings, makeup and nail polish, and shower with regular soap and shampoo. Do not use conditioner, lotion, oils or perfume. Use a clean towel and put on clean clothes.

After 00:00, you **MUST NOT**:

- Eat
- Chew gum
- Use snuff or smoke

Day of the operation

Preparations at home

You are allowed and should drink clear fluids until **06:00** (maximum 3 decilitres). Clear fluids include:

- Coffee and tea without milk
- Water
- Juice without pulp

Operation at Högsbo primary care hospital

One hour before the visit:

- Swallow the pain relief tablets that was sent with you from the clinic (Paracetamol and Ibuprofen).
- Insert 2 Cytotec tablets high into the vagina, alternatively, place 2 Cytotec tablets under the tongue for 30 minutes and then swallow them.

After taking Cytotec vaginally, do not use the toilet for 30 minutes. Cytotec affects the cervix and softens it for the surgery. It can sometimes cause menstrual-like pain and bleeding.

If you are going to have a surgical abortion, you should be sure of your decision before inserting the tablets into the vagina as they can induce a miscarriage.

If your operation is at Östra hospital you will get the tablets at the hospital

At the department

When you arrive at the department, you will receive more information about the operation. You may have to wait for a while before being taken to the operation room.

The operation takes about ten minutes. Afterward, you will be in the recovery unit before returning to the department. In the recovery unit, you may need to share care with recently delivered individuals and their infants. Once you have had a snack and used the restroom, you will be discharged and can go home.

You should not drive home from the hospital as you may have taken medications that impairs your ability to react.

After the operation

It is normal to bleed like a period for about 2-14 days after the operation. If you still have pregnancy symptoms 7 days after the operation, you should contact the Abortion clinic.

4 weeks after the operation you should take a pregnancy test. If the test is positive you should contact the Abortion clinic.

Seek Gynaecological emergency department at Sahlgrenska if:

- Heavy bleeding (soaking through several night pads per hour)
- Severe pain not relieved by pain relief tablets (e.g., Paracetamol and Ibuprofen)
- Fever over 38 degrees Celsius.
- Foul-smelling discharge/bleeding.

There is a small risk of infection after an abortion. To reduce this risk, while bleeding is ongoing, **DO NOT:**

- Use tampons/menstrual cup
- Bathe
- Have vaginal intercourse.

Contraception

Ovulation can occur as soon as 8-10 days after the abortion, it is therefore important to use protection if you do not want to become pregnant.

- If you have chosen birth control pills, the contraceptive ring, or contraceptive patches, start using them on the same day as the abortion or no later than the day after.
- Implants and intrauterine devices are inserted according to arrangement.

Support before, during and after an abortion

When considering or undergoing an abortion, various thoughts and concerns may arise. It can be helpful to talk to a counsellor who can provide advice and support. Feel free to call and book an appointment.

Practical information Östra hospital

- Register via self-check-in or the reception at the main entrance (Diagnosvägen 11) at each visit.
- Bring valid identification to each visit.
- Staff has confidentiality obligations.
- The abortion and any follow-up visits are charged according to the current fee schedule. Missed visits are billed afterward, even for free visits or if you have a payment exemption card, if you have not cancelled at least 24 hours before the visit.

Practical information Högsbo primary care hospital

- When you arrive at the hospital, check in via the check-in-kiosk or mobile at www.vgregion.se/checkin. Use mobile BankID. You will receive a call number that will be displayed on the TV-screen in the entrance 10 minutes before your arrival time and will direct you to the correct waiting area
- Bring valid identification
- Staff had confidentiality obligations
- Pay with Debit card or Swish
- There are service attendants in the entrance who can help you if needed