

# Medical abortion

## Week 10+1 - 21+6

### Pre-treatment with Mifepristone

One Mifepristone tablet is taken 24-48 hours before the Cytotec treatment. The tablet is taken at the clinic, in the presence of a health care professional, and must not be sent home.

Mifepristone lowers pregnancy hormones and softens and opens the cervix. If you vomit within 30 minutes of swallowing the tablet, you must return and take a new tablet.

Some may experience bleeding or menstrual cramping about a day after swallowing the tablet. If you experience pain, you can take pain relief tablets (e.g., Paracetamol and Ibuprofen). In case of heavy bleeding (soaking through several night pads per hour) or severe pain not relieved by pain relief tablets, seek Gynaecological emergency department immediately.

**If you are unsure about your decision to have an abortion, DO NOT take the first tablet.** If you have an appointment to start the abortion over the weekend and feel uncertain, wait until the next working day and call the abortion clinic. You can also contact the counsellor.

### Abortion day

#### Preparations at home

**2 hours and 30 minutes before arrival**, swallow the pain relief tablets that was sent with you from the clinic (Paracetamol and Ibuprofen).

**2 hours before arrival**, insert 4 Cytotec tablets high into the vagina. After taking Cytotec, lie down for 30 minutes and do not use the toilet during that time.

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.

Bring indoor shoes and two changes of pants and underwear with you.



You are welcome to bring one relative or friend for support. Do **NOT** bring children to the department. Relatives can get hot and cold drinks from the department but need to bring their own food. There are cafes and convenience stores on the hospital premises.

### **At the department**

When you arrive at the department, you will be assigned your own room with a toilet and meet the midwife and nurse assistant who will take care of you during the day.

The Cytotec treatment continues every third hour until you have aborted the foetus and placenta. Usually, you will abort within the first day, but sometimes it may take longer, and you may need to stay overnight to continue treatment the next day. It may be necessary for the overnight stay to take place in another department of the hospital (i.e., delivery or maternity ward). If you are pregnant between week 10+1 and 12+0, it may be considered to conclude with a surgical abortion.

Everyone has different needs for pain relief during an abortion, it is therefore essential that you communicate with the staff when you are in pain. They will assist you with pain relief. Being up and moving around may also alleviate pain.

Common side effects of Cytotec treatment are nausea, vomiting, diarrhoea and chills.

Most often, you will sit on the toilet and push when the foetus and placenta are expelled. To prevent the foetus from ending up in the toilet, a basin is placed there. After the abortion, the midwife checks that the pregnancy with the foetus and placenta has been expelled.

If it is deemed necessary, such as in the case of significant bleeding or if the placenta does not come out, you may need to be transferred to surgery for a vacuum aspiration. You will then be under brief anaesthesia and afterward cared for in a recovery unit. In the recovery unit, you may need to share care with recently delivered individuals and their infants.

After a few hours, once assessments have been made, you will be discharged and can go home. You should not drive on the abortion day as you may have taken medications that impairs your ability to react.

## **After the abortion**

Bleeding after an abortion can continue for several weeks and may vary in amount during this time. 2-3 weeks after the abortion, you may experience another larger bleeding, which is usually normal. Menstruation usually resumes within 4-6 weeks.

## **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.

## **Follow-up**

If you still have pregnancy symptoms 7-10 days after the Cytotec treatment, contact the Abortion clinic.

Three weeks after the Cytotec treatment, take the pregnancy test you received according to the midwife's instructions. You take the test at home.

### **The pregnancy test check is very important!**

If the pregnancy test is positive, contact the Abortion clinic.

### **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**

- 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.

