

Medical home abortion up to week 10+0



Pre-treatment with Mifepristone

One Mifepristone tablet is taken 24-72 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

You should have an adult with you for support during the day of the abortion.

1. Start by swallowing the first dose of pain relief that was sent with you from the clinic (Paracetamol and Ibuprofen).
2. After 30 minutes, 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. Even if you have already started bleeding after the Mifepristone tablet you took at the clinic, you should still take the first dose of Cytotec.
3. If you have not started bleeding like a heavy period within three hours of the first dose of Cytotec, insert an additional dose of 2 tablets into the vagina.

4. If you are having an abortion in week 9+1–10+0 and have not started to bleed like a heavy period within three hours after the second dose, insert an additional dose of 2 Cytotec tablets into the vagina.

Cytotec causes the uterus to contract, leading to the expulsion of the pregnancy. Everyone has different needs for pain relief during an abortion. If you feel that the pain is increasing, do not wait too long before taking the pain relief you have been given. Heat on the lower abdomen can relieve pain. Being up and moving around may also alleviate pain, and the bleeding may start faster.

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

Counselling during the abortion

If you need counselling during or in the days immediately after the abortion, you can call the Abortion clinic, option five – “Counselling during ongoing home abortion”, or 1177 Healthcare advice.

After the abortion

Most people who undergo a medical abortion start bleeding on the same day they take Cytotec, but sometimes it may take a few days for the bleeding to start.

If you have not started to bleed or have bled less than three days in a row after 3-5 days, contact the Abortion clinic.

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 from the clinic. You take the test at home.

- Remove the cap from the test.
- Dip the lower part of the test into collected urine for 15 seconds.
- Place it on a flat surface.
- Read after 3 minutes.

In case of a positive pregnancy test (two lines), contact the Abortion Clinic. The result is invalid if no colour appears in the control window (C) even if a line appears in the rest window (T). The result should **NOT** be interpreted after 10 minutes.

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

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.

