

**Clinique des femmes de l'Outaouais**  
**228, St-Joseph Blvd, Suite 201, Gatineau, Québec, J8Y 3X4**  
**819-778-2055**

## **NOTE TO THE PERSON ACOMPANYING A WOMAN FOR HER ABORTION**

Today, you are accompanying a woman who will have an abortion. She has chosen you for this special role.

Having an abortion is not always easy. The presence of a supportive and caring person is essential.

For emotional as well as medical reasons, we ask that every woman be accompanied at the Clinic.

Your presence the day of the intervention is very important. However, you will not be allowed to go into the procedure room or in the recovery room. The woman you are accompanying will be receiving medications adapted to her own needs in order to make her feel comfortable. This medication, although not a general anaesthetic, could potentially alter, for a short time, and very slightly, her state of consciousness. For this reason, she must remain in the recovery room, under the supervision of a nurse, for approximately 30 minutes after the procedure.

After that recovery period, she will be able to leave the Clinic. Because of the medications she has received, she will not be able to drive for 24 hours after the intervention. A person who has received such medications shouldn't be left alone for a period of 24 hours. If she has young children, someone should be taking care of them during that time.

Once at home, a few hours of rest will most likely be needed. If you notice she breathes very slowly (8 breaths per minute or less), if it is impossible to wake her or if she has a bluish or grayish skin color, call 911 immediately. Those situations are extremely rare.

Refer to our information guide on abortions for more information to help her feel better. Feel free to call us at 819-778-2055 if you have any questions.

Your presence is very precious to her ...