



Information guide

Pregnancy Termination using Medication



Clinique des femmes
de l'Outaouais

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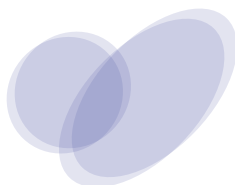
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INTRODUCTION

You have decided not to go on with this pregnancy. You have the right to make that choice, abortion being legal in Canada since 1988.

For some women, the decision is relatively easy to make; for others, it is more difficult.

Your decision will be respected by all the staff here at the Clinique des femmes. We are skilled at our jobs and will treat you with care and understanding.

Our role is to provide you with an abortion in the very best of conditions, both medically and for you as an individual.

All our services are strictly confidential.

When speaking to you in French, we generally use “tu” in most of our conversations to be more informal and friendlier.

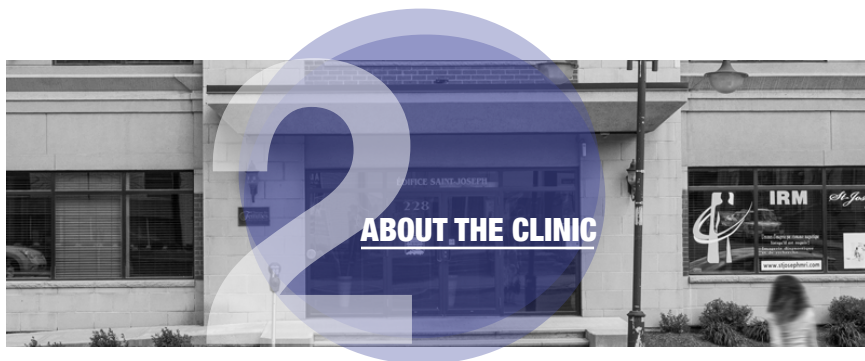
We will also call you by your first name in the waiting room and the procedure room. If you want to be addressed differently, please tell the receptionist.

This guide will provide you with the information you need to properly prepare for your abortion. Please keep it to refer to in case you have any doubts about what is or is not normal after taking the pills. A full version of the pamphlet is also available on line at www.cliniquedesfemmes.com.

If you have any questions or concerns, we prefer that you call us at the Clinique des femmes first, since abortion is our specialty.

We are here for you, at every stage of the process, from making your decision, to before, during and after the procedure. If you are worried or have any questions, do not hesitate to call us.

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The Clinique des femmes de l'Outaouais is a non profit feminist organization founded in 1981. It offers health services in family planning, in particular, termination of pregnancy surgically or with medication, and contraception.

We offer women a wide range of care, information, awareness, education and referral services. We work with health and community organizations to ensure a continuum of women's health services. In addition, we defend the right of women to have free choice by monitoring policy in conjunction with organizations that share similar objectives.

Our philosophy is expressed in four main principles:

- Accept every woman unconditionally by recognizing and respecting her personal circumstances.
- Support women in their choices and the course they take.
- Ensure that women have access to our services.
- Adapt our services to the needs of each woman.

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After discussing with the nurse and considering both methods available, you decided to terminate your pregnancy with medication. This means that you are taking control of the abortion, and you feel confident that you can remain calm throughout the process.

A minimum of 3 meetings are necessary for the abortion with medication:

3.1 Initial appointment

On this first visit, you will meet with a nurse, who will complete your medical file and take a blood sample to determine your blood type and your pregnancy hormones levels. There will also be a vaginal ultrasound to assess the stage of the pregnancy. It is not necessary to drink water to have a full bladder for the ultrasound. The ultrasound image cannot be given to you at this appointment because it has to be read and signed by a doctor.

The nurse will take a vaginal swab for the screening of chlamydia and gonorrhea, two sexually transmitted infections. We do not test for any other sexually transmitted infections such as AIDS or hepatitis. A Pap test may, however, be done if necessary.

The nurse will first see you in private. Afterwards, if you wish, the person accompanying you can join you for the rest of the meeting.

This first visit will last approximately 45 minutes. The nurse will explain how the pregnancy is terminated and the risks associated with the medication. You will have the opportunity to discuss contraception and talk about your decision, if you want to.

For many women, this is a chance to speak to an impartial and understanding person.

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Feel free to ask us any questions that you have and let us know about any concerns you may have. Any question is a good one!

If you remain uncertain and feel the need to talk to someone about your decision, you can request another appointment.

3.2 Second appointment: meeting with the nurse and the doctor

Plan on being at the clinic for approximately 45 minutes. The nurse and the doctor will start by revalidating your decision and reviewing the consent form with you. They could do a pelvic examination as well as second vaginal ultrasound if needed. They will review the steps necessary for the termination of the pregnancy with medication and will schedule a mandatory follow-up appointment 10 to 14 days later.

If your blood type is negative, you will receive a WinRho vaccine by intramuscular injection.

If you have chosen a method of contraception, they will tell you when to start it.

The doctor will give you the drugs needed to terminate your pregnancy. You will also be given a prescription for a painkiller and an anti-nausea medication.

An abortion by medication is done in two stages with two types of medications, mifepristone and misoprostol.

STEP 1:

You will need to take a mifepristone tablet and swallow it on the spot at the Clinic. This medication blocks the effect of the progesterone, which interrupts the pregnancy. From this moment on, the process cannot be reversed.

STEP 2:

You will go home with 4 tablets of misoprostol that you will take buccally 24 to 48 hours after taking the mifepristone. This means that you will have to put the 4 tablets in your mouth, 2 tablets in each cheek, between the lower gum and the cheek. You will need to let the tablets melt for at least 30 minutes and then take a glass of water to swallow what has not been dissolved.

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This medicine is a prostaglandin that stimulates the contractions of the uterus to expel the pregnancy. Because of the cramps and bleeding that will begin in the next few hours after taking this medication, make sure you choose a good time and a comfortable area for this process to take place.

In the following hours, you will experience intense uterine cramps and heavy vaginal bleeding. You may see pregnancy tissues and clots. Remain calm as this means that the process is in place. The cramps and intense bleeding should only last a few hours. They should then decrease in intensity.

In 60% of cases, the abortion occurs within 4 hours after taking the misoprostol. In 40% of cases, the abortion occurs within 24 to 72 hours. After the expulsion of the pregnancy, bleeding decreases and lasts an average of 16 days.

Slight bleeding can persist for up to 30 days.

An anti-inflammatory can be used to control the pain, according to the recommendations of the manufacturer and if you have no contraindications. To help prevent pain, you could take the anti-inflammatory with a little bit of food one hour before taking the misoprostol.

If your cramps are severe you can take the painkiller as prescribed.

It is also possible to have diarrhea or chills after taking the misoprostol. If you experience nausea or vomiting, you can use a rectal anti-nausea suppository (eg Gravol). If necessary, repeat the anti-nausea medication every 6 to 8 hours, as necessary.

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3.3 Mandatory follow-up appointment

You will have a follow-up appointment 10 to 14 days after taking the mifepristone. This appointment is mandatory and very important to ensure that the process is completed.

By choosing a pregnancy termination by medication, you agree to be present at the follow-up appointment. Be aware that misoprostol can cause embryo malformations if the pregnancy continues.

You will be meeting with the nurse and the doctor. A vaginal ultrasound and a blood test to measure your pregnancy hormone levels will be done. The doctor will then confirm if the termination of pregnancy is complete.

Do not bring expelled pregnancy tissues to the clinic. You can dispose of them in the way that suits you best: toilet, trash, ritual or funeral rite. Know that occasionally, a pregnancy can continue even if you have bleeding with clots. If the termination of pregnancy is not completed, we will schedule an appointment for a surgical abortion.

The doctor may insert an IUD if you have chosen this method as a contraceptive. If no hormonal contraceptive is used, know that you can expect a return of your menstruation in less than 6 weeks.

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POTENTIAL RISKS AND COMPLICATIONS

As with all medical procedures and treatments, there are possible complications. Complications related to abortions are very rare and generally easy to treat.

You need to be aware of these risks for legal reasons so that you can sign an informed consent, as with any medical procedure. Here are the complications that may occur, in order of frequency :

Retention and incomplete abortion:

Placental tissues or membranes may remain in the uterus after taking the medication. In this case, it is necessary to perform a curettage to complete the abortion.

It is very important for you to know that misoprostol can cause embryo malformations if the pregnancy continues. Hence the importance of returning for your follow-up appointment.

Infection :

Despite all the precautions, women sometimes spontaneously develop an infection of the uterus or fallopian tubes. If you develop one or more signs of infection, that is, fever, abdominal pain, or odorous vaginal discharge, call us or contact your doctor. An infection rapidly treated with antibiotics is generally of no consequence.

Although very rare, a toxic shock can lead to death, the risk being 0.001%. This infection is manifested by flu-like symptoms such as muscle pain, fatigue, headache, and dry cough.

Hemorrhage :

This consists of you filling a maxi pad every half hour for 2 consecutive hours.

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Allergic reaction to medication :

You must notify us of any drug allergy or intolerance to any medication. We will also question you about this.

The risk of a reaction to the pharmaceutical products that you will use does exist, just as it does for any medication available from a pharmacy.

Danger of infertility :

The risk of infertility is very low although an untreated complication could lead to a fertility problem. Be sure to watch out for any signs of infection.

To Summarize

You need to call the Clinique des femmes or see a doctor if you experience any of the following problems:

- High temperature (above 38 °C ou 101.3°F) for a few hours. It is very important to take your temperature if you feel feverish because feeling warm does not necessarily mean that you have a fever.
- Severe and persistent pain in the lower abdomen not relieved but taking analgesics at regular intervals.
- Flu-like symptoms such as muscle pain, fatigue, headache, or dry cough.

You need to go to an emergency department if you experience:

- Very heavy bleeding, such as a super absorbent sanitary pad that is soaked every half hour for more than 2 hours

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GENERAL ADVICE

5.1 At home

- If you have young children, plan on having someone look after them for the next hour after taking the misoprostol.
- Eat whatever you like, and drink lots of fluids.
- Avoid overly intense physical activities for 7 days.
- Take time to rest if you feel the need for it.

5.2 Prevention of infection

Until the doctor confirms that the pregnancy has been terminated

- Do not put anything in your vagina :
 - no sexual intercourse with penetration;
 - no tampon or menstrual cup (Diva Cup or Keeper),
 - no vibrator or sexual toy
 - no douche or vaginal deodorant.
- Use sanitary pads only.
- Do not go swimming in a pool or lake.
- Do not go in a whirlpool or hot tub.
- You can take a shower or bath at home.

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5.3 Bleeding

Bleeding varies with each woman and from one procedure to another.

- It may start after taking the mifépristone but will generally start after taking the misoprostol.
- It may be heavy but will gradually decrease over a period of two weeks.
- Clots may be passed, and the discharge may be red or brownish in colour.
- It may seem heavier when you get up in the morning, when you go to the toilet or if you are very active physically.
- Women who are accustomed to using tampons may think that their bleeding is heavier when using sanitary pads.

5.4 Cramps

It is normal to have cramps during an abortion with medication. It may worry some women if they have never felt them before.

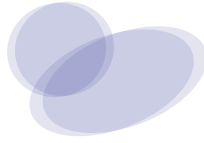
They can occur after taking the mifepristone but will most likely start a few hours after taking the misoprostol. They can be stronger than menstrual cramps.

To ease cramping:

- You can take anti-inflammatories as recommended by the manufacturer, if you have no contraindications.
- Take painkiller tablets as prescribed.
- Rest and put something hot / cold on your lower abdomen or lower back.

If you are worried, call us.

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5.5 Take care of yourself

YOUR EMOTIONS

You are likely experiencing some powerful emotions at times. Every woman may experience different emotions, and this is normal. Many women may feel relieved after the pregnancy is terminated, which does not mean that they cannot feel sad, disappointed, guilty, alone or experience a sense of loss.

Some women or couples will go through a period of mourning. Sadness is a healthy emotion, and it will subside with time.

You may also feel that you are more mature and more responsible or even feel proud for making such an important decision.

For many women, this experience is an opportunity to think about their life, to get to know themselves better and to become more assertive.

If you want to talk about what you are feeling, whether now or later on, do so. It is good to share with someone you trust. Your emotional health is just as important as your physical health.

You can also call us, and we can set up an appointment or refer you to other services that could help you.

YOUR SEXUALITY

You may resume sexual activity after your follow up appointment, if the doctor confirms that the pregnancy has been terminated.

Remember that you are fertile immediately after the abortion. If you would like to avoid a pregnancy, you need to think about contraception.

After a pregnancy termination, you may notice changes in your sexual activity, for example, you may not have any desire to make love for a period of time even though there is no medical contraindication. Listen to your body, and take time to regain your desire.

If you are unhappy with any aspects of your sexuality, here too, take the time to talk about it and find a solution.

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REMINDERS

Gestational age _____ on _____

- 1) Mifepristone will be taken on _____ at _____ am / pm at the Clinique des femmes.
- 2) One hour before taking the misoprostol, you can take an anti-inflammatory pill, as prescribed.
- 3) Dissolve the misoprostol tablets in your cheeks 24 to 48 hours after taking mifepristone, therefore between _____ and _____ at the latest.
- 4) Mandatory follow-up appointment on _____ at _____ at La Clinique des femmes de l'Outaouais.
Other appointment as necessary _____ at _____.

It is very important to be on time for your appointments. If you are unable to do so, let us know in advance by calling : 819-778-2055, extension 122.

Bring with you :

- ☐ Your valid medical insurance card. If you do not have it with you, you will have to pay for the cost of the procedure.
- ☐ La Clinique des femmes accepts donations (cash, Visa or Interac). It is important to show solidarity towards other women who might not otherwise have access to the clinic's services.
- ☐ For a smooth process, please make sure you have sanitary napkins with you. We also advise you to get anti-nausea (ex Gravol), anti-inflammatory and painkillers from the pharmacy. A prescription will be given to you at the same time as the Mifepristone tablets.

If you are worried or if you have any questions, call us at 819-778-2055. We are here to help. Outside of business hours, call Info-Santé dialing 811.

For any emergency that requires immediate care, dial 911.

In case of emergency, please go to the nearest hospital emergency room. In the Outaouais region, there are gynecologists at the Gatineau hospital, but if the situation is urgent, all the emergency rooms will be able to treat you.

Please keep this guide and bring it to all stages of the pregnancy termination.