

## Medical abortion

If you are pregnant less than 9 weeks along and wish to terminate your pregnancy, then we suggest a medical abortion. It is your choice if you choose to do this at home or at the hospital, in agreement with your treating physician.

### Day 1

- You will be given a tablet named Mifegyne which you have to swallow. Mifegyne is an antihormone which terminates the pregnancy.
- If your blood type is unknown, we will need to take a blood sample to determine this.
- We suggest that you have paracetamol and ibuprofen (over-the-counter medication) at hand as well as menstrual pads of the larger size.
- You may experience nausea and vomiting after taking this pill, but most women experience little to no discomfort. If you vomit within the first hour of taking mifegyne, then you will need to contact the gynecological department to be administered an extra pill.
- Some women may also experience vaginal bleeding after taking Mifegyne.

### Day 3

- You will be given 4 vaginal tablets named Cytotec which have to be placed at the top of the vaginal canal. Cytotec will make the uterus contract and thereby eject the pregnancy.
- Cytotec will induce vaginal bleeding heavier than regular menstruation and can result in lower stomach pains.
- We suggest that before you administer Cytotec vaginally, you take 1g paracetamol and 400mg ibuprofen to treat the pain.
- After administering Cytotec you will need to lie down for 1 hour, to insure proper placement.
- The bleeding you will experience will be heavy and may feel very intense. You may also experience ejection of coagulants.
- It is important that you are under adult supervision the first 24 hours after placing Cytotec.

We highly suggest that you do not drive vehicles during this time.

## After the abortion

You can expect to have vaginal bleeding for 2-3 weeks after the abortion. The first days may be heavy bleeding and thereafter the bleeding will decrease. You may experience spotting until your next menstruation which you can expect to arrive after 4-6 weeks.

**IMPORTANT:** if you do not start bleeding after administering Cytotec then you must contact the gynecological department.

28-30 days after the abortion you will need to take an at-home pregnancy test.

- If the pregnancy test is negative the abortion is complete
- If the pregnancy test is positive, then you will need to contact the gynecological department where you will be called in for a consultation as quickly as possible.

Please refrain from using tampons as this may pose a risk of infection. Please also refrain from going to the pool or using the bathtub while you are bleeding. If you have vaginal bleeding, the use of condoms when having intercourse is mandatory due to risk of infection.

If you are planning to take birth control pills after the abortion, you will need to take your first pill the same day as administering Cytotec. If not, then you cannot be certain to be covered during your following month and may then fall pregnant again.

It is normal to have pregnancy symptoms such as nausea, breast tightening and hot flashes. These symptoms should gradually decrease. If these symptoms last, then please seek a doctor.

Going through an abortion can be a difficult experience and a very tough decision. It is normal to have mixed feelings about this afterwards. Some may feel relieved, and others may be very sad, and both reactions are normal. It is important to know that no matter the emotional reaction, it is possible to receive emotional support consultations by your own doctor of at the gynecological department.

## Contact information

If you have any questions, please feel free to contact us.



**Gynækologisk Ambulatorium (Gynecological Clinic)**

Tel. 97 65 00 80

Open for contact: Monday – Friday 9.00 – 11.00 and 13.00 – 14.00

**Barselgang, Thisted (The Maternity Corridor, Thisted)**

Tel. 97 65 05 65

The phone is open for contact outside the Gynecological Clinic's opening hours, that is evenings, nights and weekends.