

CHOICES IN ABORTION CARE_THE BAY CENTRE FOR BIRTH CONTROL_2017

	Methotrexate and Misoprostol	Manual Vacuum Aspiration (MVA)	Mifepristone/Misoprostol (Mifegymiso)	Vacuum Suction Curettage (VSC)- Dilatation & Curettage (D&C)	Vacuum Suction Curettage (VSC) and Dilatation & Evacuation (D&E)
# of weeks from last menstrual period	Up to 7 weeks	Up to 8 weeks	Up to 9 weeks	6 weeks to 14 weeks 3 days	6 weeks to 20 weeks
Where	Bay Centre and some other clinics	WCH and some other clinics	Bay Centre and some other clinics	WCH	Free- standing specialized clinics
Procedure	Medical	Surgical	Medical	Surgical	Surgical
How	2 drugs are used: Methotrexate is injected by needed into the hip muscle. It stops the growth of the pregnancy. Misoprostol tablets are inserted into the vagina at home 5-7 days later. This causes the uterus to contract and expel its contents, usually within 24 hours, at home. However, in about 35% of cases, it can take several days or weeks.	A flexible tube attached to a plastic syringe is inserted into the vagina, through the cervix into the uterus. The syringe creates suction and removes the contents of the uterus.	2 drugs are used: Mifepristone is a pill that you take by mouth. It causes the pregnancy to detach from the uterus. 24-48 hours later misoprostol tablets are inserted into your mouth between your cheek and gums. This medication causes the uterus to contract and expel its contents. 90% of people will pass the pregnancy within 24 hours of using the misoprostol.	A laminaria tent and/or a medication called Misoprostol will be inserted into the vagina the morning of the surgery. For the abortion at the hospital, gentle suction is applied to an instrument inserted into the vagina through the cervix into the uterus.	VSC/D&E are similar to a D&C. Gentle suction is used to remove the pregnancy. An instrument is inserted into the vagina and uterus. A laminaria tent preparation maybe used in procedures after 12 weeks. This may require an extra appointment.
Medications for pain relief	Tylenol #3 is given for relief of cramping.	A combination of pills for pain and relaxation are given about 1 hour before the MVA. A local	Naproxen and Tylenol #3 are given for relief of cramping.	General anaesthetic is given intravenously. You are asleep for the abortion.	Medication is given for pain & relaxation and local anesthetic is injected into the

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		anesthetic is injected into the cervix at the time of the surgery. You are awake for the abortion.			cervix. Intravenous pain medication may be used as well. You are awake for the abortion.
Number and approximate length of time for appointments	<p>4-5 appointments over one month:</p> <ul style="list-style-type: none"> • Pregnancy assessment and counselling with a physical exam, infection check, blood tests and ultrasound (3 hours) • Methotrexate injection (1/2 hour) • Blood test in 1 week if necessary (15 mins) • Follow up 2 weeks after injection (1 hour) • Follow up appointments if necessary 	<p>3-4 appointments:</p> <ul style="list-style-type: none"> • Pregnancy assessment & counseling with a physical exam, infection check, blood tests and ultrasound (2-3 hours) • MVA procedure (2 hours) • Blood test in 2 days if necessary (15 mins) • Follow up exam 3 weeks later (1/2 hour) 	<p>2-3 appointments over one month:</p> <ul style="list-style-type: none"> • Pregnancy assessment and counselling with a physical exam, infection check, blood test, ultrasound and taking mifepristone (2-3 hours) • Blood test and exam in 1-2 weeks (1 hour) • Follow up appointments if necessary 	<p>3-4 appointments:</p> <ul style="list-style-type: none"> • Pregnancy assessment and counselling with a physical exam, infection check, blood tests and ultrasound (2-3 hours) • Preparation for the surgery at the Bay Centre and abortion procedure (7-8 hours) • Follow up exam 3 weeks later (1/2 hour) 	<p>1-3 appointments:</p> <ul style="list-style-type: none"> • You can come to the Bay Centre for pregnancy assessment and referral (1 hours) or call the clinic directly • VSC at the clinic (3-4 hours) (D&E varies- call clinic directly for info) • Follow up exam 2-3 weeks later (1/2 hour)

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				<ul style="list-style-type: none"> Follow up appointments if necessary 	
<p>Risks In general, having an abortion is no riskier than carrying a pregnancy to full term.</p>	<p>In some cases, surgery may be required if the drugs have not worked and the abortion is not completed.</p>	<p>About 1% risk of missing the pregnancy because it is early. About a 1% risk from complications such as infections, severe bleeding or perforation of the uterus.</p>	<p>In some cases, surgery may be required if the drugs have not worked and the abortion is not completed.</p>	<p>About a 1% risk of complications such as infection, severe bleeding or perforation of the uterus.</p>	<p>About a 1% risk of complication such as infection, severe bleeding or perforation of the uterus.</p>
<p>Other information</p>	<p>Minor side effects from the drugs can include nausea, vomiting and fatigue. You must avoid certain foods for 1 week. Must refrain from sexual intercourse and alcohol until the abortion is complete.</p>	<p>You may eat up to 2 hours before your arrival time; clear liquids (apple juice, ginger ale, water) are ok until the time of the abortion.</p>	<p>Common short term side effects include nausea, vomiting, diarrhea, fever, chills, fatigue and dizziness. Must refrain from sexual intercourse and alcohol until the abortion is complete. There is a cost associated with the Mifepristone (it may be covered by some drug plans/private insurance).</p>	<p>You are not allowed to eat after midnight the night before your surgery. Small sips of clear fluid (apple juice, ginger ale, water) are allowed until 8:30am the day of the surgery. The hospital requires that someone picks you up and takes you home.</p>	<p>Each clinic has its own instructions. You should call their 24 hours information lines first. Telephone numbers are available at the Bay Centre.</p>