

Patient information for medical abortion

Day 1

The treatment can take place at your own home if you have an adult with you. In the first examination, the gestational age is determined by an ultrasound scan through the vagina. After the scan, take 1 tablet, Mifegyne. Mifegyne is an antihormone that inhibits the hormone progesterone. This causes the development of the pregnancy to be stopped, after which the abortion is in progress. Normally, you will not experience discomfort from the tablet, but some women start to bleed and others get nausea and slight pain. If you vomit within 1 hour of taking Mifegyne, you must contact us. You will usually be able to go about your normal activities this day. Once you have taken Mifegyne, it is not recommended to regret the abortion, as the preparation is harmful to the fetus and can cause malformations.

Who should not take Mifegyne?

If you suffer from one or more of the following diseases, you must not take Mifegyne: Severe uncontrolled asthma, Hereditary porphyria, Kidney failure or adrenal gland failure, Liver failure or Coagulation defects.

Day 2-3

On this day the abortion itself must take place. You may experience severe pain and bleeding. Therefore, there must be an adult present who can help you around the clock. You must place 4 tablets of Cytotec into the vagina as far as you can reach with a finger. After this, you must lay down for 1/2 hour afterwards, so that the medicine is absorbed through the mucous membrane in the vagina. After that, you can go around if you want to. If the tablets become soft later, it does not matter. Cytotec can also cause headaches, nausea or diarrhea in some people.

Who should not take Cytotec?

If you suffer from one or more of the following diseases, you must not take Cytotec: Severe arteriosclerosis, Heart cramps or Glaucoma.

How about bleeding?

Most people start bleeding after a few hours, but it can take longer before the heavy bleeding starts. You can expect to bleed heavily with lumps for up to 3 hours. After that, it should decrease in strength. If the bleeding does NOT decrease as expected, you should contact us or call 1813/doctor on duty. It is normal to bleed for 2-3 weeks in total. Some may have light bleeding until the next period. You can expect to have your next period 4-6 weeks after treatment.

What about pain during and after the abortion?

You may experience period-like pains when the uterus begins to contract. - this is precisely a sign that the abortion is in progress. You are recommended to take painkillers on day 3 (400 mg Brufen x 3 and 1g Panodil x 4).

Day 8

You will get an appointment for an ultrasound here in the clinic so we can make sure that the cavity is empty.

How effective is the medical treatment?

The medical treatment will induce complete abortion in 90% of patients. If all pregnancy tissue has not been bled out by the 8th day follow-up scan, we will recommend a curettage.

Surgical treatment(evacuation): If you do not want medical treatment or if the medical treatment has not led to a complete emptying of the uterus, you will be referred for a curettage at the hospital.

What should I avoid after the abortion?

To prevent abdominal inflammation after the procedure, you should avoid tubs, sea baths, swimming pools for at least 1 week or as long as there is bleeding. You should avoid intercourse as long as there is bleeding or at least use a condom. Use pads instead of tampons.

Can I look after my work?

On the day of the treatment itself, you must be at home. The first few days after the abortion, you may need peace and rest. You can resume your work when you feel ready.

Can complications arise?

In a few percent, abdominal inflammation may occur, which requires treatment with antibiotics. After medical or pending treatment, curettage may be necessary. After curettage of the uterus, a new curettage is rarely necessary to get all the pregnancy tissue out (less than 1%). An uncomplicated abortion does not affect the possibility of becoming pregnant at a later on in life.

What should I be aware of?

If in the days after the abortion you get:

- Fever
- Heavy bleeding
- Pain in the lower abdomen
- Or other discomfort from the lower abdomen, it is important that you contact a doctor immediately, as it could be abdominal inflammation.

Which treatment should I choose?

There is no difference in the risk of infection and heavy bleeding at medical and surgical treatment of abortion. You bleed longer on average (2-3 weeks) after a medical discharge than after a surgical (1-2 weeks).

With surgical curettage, there is a small risk of complications (5%); perforation of the uterus and an increased risk of adhesions in the

uterus (adherences) at ≥ 2 curettages. Adherences can reduce the likelihood to achieve a pregnancy subsequently. Medical treatment spares the woman for undergoing anesthesia and hospitalization.