

Medical abortion

During a medical abortion, you take some medicine to put an end to the pregnancy.

Initially an ultrasound examination will be performed confirming that the pregnancy is intrauterine and estimating the gestational age. Abortions in the clinic are limited to gestational age 8+6.

Day 1

Orally you take tbl. Mifegyne (antihormone), inhibiting the hormone progesterone. The development of the pregnancy will stop - the pregnancy perishes. There after you can in principle not regret the abortion. If you vomit within 1.5 hour, the treatment must be repeated. You may experience side effects such as bleeding, nausea or pain.

Day 2.

You might experience a bit of bleeding or pain. Some have nausea. Only very few will actually have an abortion day 2.

Day 3.

At 7 o'clock you put Tbl. Cytotec as high as possible in the vagina and stay in bed for 1 hour. Orally you take 2 tbl. Paracetamol 500 mg and 1 tbl. Ibumetin 400 mg to reduce the pain. The painkillers can be repeated 4 times a day with 4-6 hours interval.

The abortion usually happens within 4-6 hours after taking Cytotec. You are likely to have a heavy bleeding - even stronger and more painful than a normal heavy period.

If needed you are provided with one tbl. Metoclopramid against nausea.

For support it is recommended that you are in company with an adult during the abortion.

During day 3 or next weekday you will receive a phone call from the clinic to hear how you are doing and to answer questions.

If you are planned to use oral contraceptives you can start day 3.

Seek help if you experience complications.

1. Gynækologisk Klinik Billund

Monday & wensday at 8-15, Tuesday at 8-17.40 og Friday at 8-12: Phone nr. : +45 69 14 14 06

Closing days: www.sundhed.dk, <https://www.sundhed.dk/borger/guides/find-behandler/?orgId=3516>

2. Outside the clinics opening hours you can contact your general practitioner or doctor on call.

Doc. on call: Region Syd: phone. +45 70 11 07 07. Region Midt: phone. +45 70 11 31 31

Gynækologisk Klinik Billund
Granvej 2 E
7190 Billund
V. Speciallæge Micha Bank Hornstrup

Sick Leave:

The need for a sick leave is individually. You can't work day 3. Many women needs a few days off work.

After the abortion

Bleeding: It is normal to bleed as much as a heavy period for up to one week. You might have some bleeding for 3 weeks in total.

No bleeding: If you don't bleed within 3 days from the abortion please contact the clinic for an extra controle.

Infection: Preventive measures while bleeding / 2 weeks;

- avoid intercourse / use a condom
- avoid bathtub, swimming etc.
- use of tampon or menstrual cup

Attention: Seek medical aid if you have signs of severe bleeding or infection (severe pain, fever, abnormal / really smelly discharge).

Controle:

After approximately 14 dage you will receive an ultrasoundscan securing that the abortion is successful. Less than 5 % needs extra treatment / evacuation either medically or by surgery.

Contraceptives:

Be aware of a plan for future contraceptives. We will talk to you about this.

Treatment sheet during medical abortion

Always bring this in case of controle or medical aid.

Cpr. nr.:

Name:

First exam: D.

GA:	GS:	BS + / -	CRL	FHA + /
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Abortion day 1: D. _____ kl. _____ 1 tbl. MIFEGYNE orally

Abortion day 3: D. _____ kl. 7.00. 4 tbl. CYTOTEC deep in vagina

Painkillers: Tbl. Paracetamol 500 mg. Tbl. Ibuprofen 400 mg. Can be repeated 4 times a day.

Anti-nausea: Tbl. Metoclopramid 10 mg 1 stk, if needed.

If needed the clinic can be contacted by phone nr. 69 14 14 06.

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Outside office hours please contact your general practitioner or doctor on call.

Notes / attentions:

Controle appointments:

Ultrasound D. _____

AP diam:	GS + / -	BS + / -	FHA + / -
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EVT. bloodsample D. _____

Last exam D. _____

AP diam:	GS + / -	BS + / -	FHA + / -
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