

MEDICAL ABORTION

The decision to have an abortion can be difficult. A clarifying interview is offered either with your GP or with The Danish Family Planning Association (DFPA - Sex og Samfund). In addition, Mødrehjælpen – a Danish NGO – also offers support and counselling to pregnant women as well as families in vulnerable positions.

When you have decided to have an abortion, the procedure itself can be carried out medically until the 8th week of pregnancy. The decision to perform a medical abortion is made based on an ultrasound examination. After the 8th week of pregnancy, it is no longer possible to have a medical abortion. A surgical abortion may be offered instead.

WHAT IS A MEDICAL ABORTION?

A medical abortion is an abortion that is provoked by medication that you will be given in connection with the consultation. It is necessary to take 2 types of medication. One is Mifegyne, which stalls the pregnancy. The other is Cytotec, which causes the uterus to abort the fetus. To make sure that the pregnancy has been successfully terminated, a follow-up ultrasound examination is carried out in the clinic 14 days after the medication is administered.

Mifegyne should not be taken if you suffer from any of the following conditions:

- Severe non-treatment-controlled asthma
- Hereditary porphyria
- Kidney failure or adrenal failure
- Liver failure
- Coagulation defects

Do not take Cytotec if you suffer from any of the following conditions:

- Severe atherosclerosis
- Heart cramps
- Glaucoma

THE PRACTICALITIES

Day 1

Consultation at the clinic: A gynaecological examination and an ultrasound scan is performed to assess how far along you are in your pregnancy.

It is a legal requirement that you sign a formal request to terminate your pregnancy. If this has not already been done during your consultation with your own doctor, it can be

done here at the clinic. If you are less than 8 weeks into your pregnancy, the medical abortion may be initiated. You will be given a Mifegyne tablet (to stop the pregnancy), which must be swallowed with a glass of water - generally here in the clinic. Normally, you will not experience any side effects from the medication, but some women may experience a little bleeding. Some get nauseous and experience mild pain. If you vomit within an hour after taking the medication, you must contact us.

You will usually be able to carry out your normal daily activities after taking the medication.

Day 2

Abortion at home: The day after the visit to the clinic, you must place three Cytotec suppositories in your vagina. The pills will induce the abortion resulting in bleeding and menstrual pain (typically within 4 hours). To reduce the pain, it is recommended that you take two tablets of Paracetamol 500 mg and one tablet of Ibuprofen 400 mg at the same time as the suppositories are placed. Painkillers should be taken again on the first day after 6-8 hours.

Approximately 80 % abort within 4-6 hours, but it may take longer. The bleeding will typically be heavier than a normal period and may be lumpy. This is completely normal.

We recommend that you have a relative or good friend stay with you who can provide you with support and care. Avoid tampons during the entire procedure. If you bleed more than can be absorbed by large night pads within an hour, you must contact a doctor. If you have not started bleeding within 5-6 days after you have taken Cytotec, you must call us the following day. In that case, you will get an appointment at the clinic the same day.

Day 3-13

You can expect to bleed for two to three weeks with decreasing strength, the first week more than a normal period. You may experience menstrual pain in the first days after the abortion. This can be alleviated by taking over-the-counter medication. It is important to prevent pelvic inflammation. As long as you bleed, you should avoid sea baths, tubs and swimming pools. You should also refrain from having sexual intercourse. If you do have intercourse, be sure to use a condom. The need for sick leave is individual. Most women need a few days off work.

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Day 14

Second consultation at the clinic: An ultrasound scan is performed to ensure that the uterus has emptied, and the abortion is complete. It is important that you show up for the follow-up examination since the pregnancy in individual cases (around 5 %) is still present. In these cases, a surgical abortion should be performed.

COMPLICATIONS

The most frequent complications are heavy bleeding and pain, foul-smelling discharge or fever above 38 degrees Celsius (100.5 degrees Fahrenheit). If you experience complications, you must contact us or your own doctor. If it is outside office hours, the Emergency Medical Helpline (Tel. 1813) should be contacted.

BIRTH CONTROL

You can expect your next period 3-6 weeks after the abortion. You can get pregnant again within that time span, so it is important that you use contraception when having

sexual intercourse. If you would like to use birth control pills, you must start on the day of the abortion (when taking the Cytotec pill). It is also possible to have an intrauterine device (hormonal spiral) inserted at the following appointment at the clinic.

PRICE

Medical abortion incl. medication
and two consultations 750€

If IUD insertion in the follow-up appointment an extra fee applies.

HOW TO PAY

Please transfer to **IBAN account no. DK4667710005844289** with beneficiary bank **swift code LAPNDKK1** no later than two days before your appointment and send a screen dump of the receipt to **contact@metropolgynclinic.com**.

You will receive an invoice after the consultation.