

Medical termination of pregnancy at 12–20 pregnancy weeks

Applying for permission for termination of pregnancy

If the pregnancy has lasted more than 12 weeks, application for permission for termination must be made to the National Supervisory Authority for Welfare and Health. The paperwork needed for this will be completed in the primary health care facility or at the Ob & Gyn outpatient clinic.

The application is mailed to the following address:
National Supervisory Authority for Welfare and Health
P.O. Box 210
00531 Helsinki

Phase 1

Once you have received the permission by post, call the Ob & Gyn outpatient clinic, tel. 02–6277811, no later than the next working day, 12 noon - 3 pm, to make an appointment at the clinic. Bring the permission with you when you come to the clinic.

At the appointment, a doctor will talk with you, and a nurse/midwife will talk you through the termination process. You will be given an oral medication (Mifegyne®) to induce the termination. Once you have taken the medicine, the decision can no longer be cancelled. The medicine may cause nausea, pain in the lower abdomen and bloody discharge. You can take painkillers available from the pharmacy without a prescription.

At the visit, appointments are made for the blood and urine samples needed.

Phase 2

Ob & Gyn ward, date: _____ time: _____

You can eat breakfast at home as normal. If you have someone accompany you to the hospital, they can stay with you all day. On the ward, you will be met by a nurse/midwife who gives you the 2nd phase termination drug Cytotec® vaginally. Medication is administered every three hours until the pregnancy terminates. You will be given pain medication as necessary.

If the placenta is not delivered or there is heavy bleeding, curettage and dilatation (scraping of the womb) may be performed under general anaesthesia if necessary.

If the pregnancy terminates on the first day of treatment and you are feeling well, you may be discharged the same day with the person accompanying you. Normally, patients are given three days of sick leave.

Hygiene

The post-procedure discharge lasts for a period of 2–3 weeks. During this time, wash your genital area in the morning and in the evening using water only. Due to risk of infection, tampons, swimming, taking a bath and sexual intercourse must be avoided as long as the bloody discharge persists.

Contraception

Following the termination, use contraception to prevent an unwanted pregnancy. Use of contraception should be started the day following the termination.

Follow-up appointment

The follow-up appointment is 3–4 weeks after the termination. The place for the follow-up appointment is decided when you are discharged.

In the event of problems

If you have increasingly heavy discharge, severe abdominal pain or a fever, please contact a gynaecology nurse, tel. 044 7077822.

There is a lot of individual variation in how women experience termination of pregnancy. If you have any concerns, do not hesitate to discuss them with the staff.

The hospital has a psychiatric nurse, hospital chaplain and a social worker you can turn to.