

Abortion, surgical treatment

A pregnancy that has not progressed past 12 weeks can be terminated surgically using suction aspiration. The operation is carried out vaginally under general anesthesia and it lasts for approximately ten minutes. You will receive anesthetics and pain medication intravenously during the procedure. Sometimes suction aspiration is performed after medically managed abortion if all pregnancy tissue has not passed from the uterus.

Making an appointment for abortion

You can make an appointment for abortion by calling the Gynaecological outpatient clinic. **Take a pregnancy test before booking the appointment.**

Appointment at the Gynaecological outpatient clinic

When you arrive at the hospital, you are asked to fill a patient information form and the AB1 form, which is required to terminate the pregnancy. For this reason, please arrive 30 minutes before your appointment time.

During your appointment, a doctor **will verify the gestational age by performing a gynecological ultrasound** and determine the best contraception option for you after the abortion. Chlamydia or gonorrhoea infection is ruled out either with a urine sample or with a cotton swab sample from the vagina. If surgical method is chosen as your treatment option, you will receive the date and time for the procedure during the appointment, or you will be notified about the time within the next few days. If your blood type is unknown, you should visit the laboratory for blood tests after your appointment to determine your blood type.

Preparing for the procedure

To be filled: **The procedure is on** _____

On the night before the procedure, take the **antibiotic tablets** you received from the gynaecological outpatient clinic **with food at 10 PM**. You must swallow the tablets whole.

You **must not eat anything for 6 hours and not drink anything for 2 hours** before you come to the hospital. You can drink 2 to 4 desilitres of **clear** (see-through), non-carbonated fluids for up to 2 hours before the procedure. Water, tea or coffee **without milk**, and clear juice **with no pulp** are allowed.

Arrive on time at the hospital on the day of the procedure. If necessary, we will call you to let you know if the time of the procedure changes. To soften the cervix, Cytotec® tablets can be inserted into the vagina at the hospital before the procedure.

If **your blood type is Rh negative**, you will receive an anti-D immunoglobulin injection, which is used to prevent the formation of antibodies in your blood in future pregnancies.

After procedure at the hospital

You can experience lower abdominal pain similar to menstrual pain after the procedure, and you will receive pain medication to manage the pain if necessary. If there is no abnormal bleeding, pain, or nausea, and you are able to urinate, you can leave the hospital when you feel well enough to do so.

For your own safety **you must have someone who can escort you home and be with you until the morning after the procedure**. Driving and drinking alcohol are strictly prohibited for the first 24 hours after anesthesia, because your body metabolizes anesthetics slowly and these medications can have dangerous interactions with alcohol.

After procedure at home

We recommend that you avoid physically strenuous activities on the day of and the day after the procedure. You can use over the counter pain medication to manage pain if necessary.

Medical leave is typically prescribed for two days. There is no need for a routine follow-up appointment.

Postoperative bleeding is different for everyone and it can last for 1 to 10 days. **Due to a risk of infection, avoid** swimming, bathing in a bathtub, using tampons or a menstrual cup, and intercourse **during the postoperative bleeding**.

Menstrual cycle usually starts up 4 to 7 weeks after termination. Because new pregnancy can start even before the first period, remember to **ensure you are using adequate contraception immediately after the abortion**. You can start using **contraceptive pills, a vaginal ring or contraceptive patch** the day after the termination. A **contraceptive implant** can be fitted immediately after the termination, and an **IUD** (intrauterine device) can be fitted in the beginning of your first period.

Possible complications and support

Contact the hospital where the abortion was performed if you experience heavy bleeding, lower abdominal pain, fever, or if the postoperative bleeding develops a foul smell.

It is possible to receive **support from your primary health care provider or from our crisis workers**. You can talk with the hospital chaplain or the nurse experienced in crisis support. Receiving counseling from the hospital chaplain does not require you to be a member of any religion. The support our crisis workers provide always focused on your needs.