

Genetic termination of pregnancy

Ultrasound scan or amniocentesis (amniotic fluid sample) has revealed a foetal abnormality. If the duration of pregnancy exceeds 12 weeks, permission for termination must be applied from the National Supervisory Authority for Welfare and Health.

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 at the Obstetrics and Gynaecology 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 the permission has arrived by post, an appointment at the Outpatient Clinic will be made for you. During the appointment, matters related to the termination will be discussed with you.

You will be given a medicine that is taken orally (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 or delivery room, date: _____time: _____

Take the 2nd phase drug Cytotec® 4 tablets vaginally 1-2 hours before you come to the hospital. The tablets should be inserted deep into the vagina. If you have vaginal bleeding that is heavier than normal menstrual flow, take only 2 tablets orally, as termination has already started. For pain management you will be given Burana slow 800 mg. If you can't use Burana, you can take Panadol 1 g.

At the hospital you will be given more painkillers

If you have someone accompany you to the hospital, they can stay with you all day. At the ward or in the delivery room, you will be met by a nurse who will give you more the 2nd phase termination drug CYTOTEC®. Medication is administered every three hours until the pregnancy terminates.

If the placenta is not delivered or there is heavy bleeding, dilatation and curettage (scraping of the womb) is 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.

Follow-up appointment

At the latest when you are discharged, an appointment is made for a follow-up check-up at the Ob & Gyn outpatient clinic.

In the event of problems

If you have heavy bloody 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.