

## Abortion after 12 weeks of pregnancy

If the pregnancy has continued for over 12 weeks, the abortion is always performed medically and at the hospital. The abortion is carried out using two different medications, which cause the uterus to contract, leading to termination of the pregnancy.

### Making an appointment for pregnancy abortion

You can make an appointment for abortion by calling the Gynaecological outpatient clinic. Take a pregnancy test before booking the appointment. Before you arrive at the hospital, you are instructed to leave a urine sample, which is tested for chlamydia and gonorrhoea, and to go to a laboratory for a blood test to determine your blood type.

### 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.

During your appointment, a doctor will verify the gestational age by performing a vaginal ultrasound and determine the best contraception option for you after the termination.

**After 12 weeks of pregnancy, pregnancy termination requires a permission** from the National Supervisory Authority for Welfare and Health, Valvira. The required forms are filled during your appointment.

- You will fill the form AB2 with the help of the medical staff (an account of the life circumstances of the pregnant person and their family) when the pregnancy is terminated due to considerable hardship caused by current life condition or other circumstances, due to family size, due to the applicant being over the age of 40, due to the current pregnancy beginning as a result of a crime, or due to either parents' illness. Abortion must be carried out before 20 weeks of pregnancy.
- The medical staff will fill the form AB3 (termination of pregnancy on the grounds of fetal anomaly) when the pregnancy is terminated due to a serious disease or anomaly of the fetus. Abortion on the grounds of fetal anomaly must be carried out before 24 weeks of pregnancy.

When Valvira has given permission to terminate the pregnancy, the abortion starts by taking the **first abortion medicine (Mifegyne®) at the hospital**. The medicine prepares your body for the emptying of the uterus, which takes place two days later. **After the first medicine has been**

**taken, the decision to terminate the pregnancy cannot be reversed**, because the medication can increase the risk of fetal deformities. If you **vomit within 2 hours** of taking the medication, some of the medication can fail to absorb. If this happens, call the hospital responsible for your care to receive another dose.

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.

## **Abortion at the inpatient ward**

To be filled: **The treatment takes place on** \_\_\_\_\_

You can eat a light breakfast at home before coming to the hospital, but you must not eat or drink anything at the hospital. If necessary, an intravenous cannula can be inserted to administer fluids and pain medication. You should remove all jewelry, including piercings, at home. We recommend that you ask for a support person to be with you at the ward for the day of the termination.

Before the abortion medication is administered, you can be given an enema to empty your bowel. **The starting dose of the abortion medication** (Cytotec® 4 tablets) is placed in the vagina. The medication is repeated 2 tablets at a time every 3 hours **until the pregnancy is terminated**. The medication causes the uterus to contract and the cervix to open so that the pregnancy is terminated and passed vaginally. The pains caused by the contractions are milder at first, and become progressively stronger as time passes. You will receive pain medication before your first Cytotec® dose, and according to your needs as the termination progresses.

If necessary, in the case there is heavy bleeding after the abortion or if the placenta is not delivered intact, the uterus is emptied surgically under general anesthesia. In this case, due to the anesthesia, you will need an adult support person to stay with you at home overnight after you are discharged from the hospital for your own safety.

If the pregnancy is terminated on the first day of treatment and you feel fine, you can be discharged from the hospital on the same day. If this is not the case, the treatment will continue until the pregnancy is terminated.

## **After termination**

After the abortion you must rest and avoid physically strenuous activities for a few days. You can receive post termination medications to promote the contracting of the uterus and to prevent lactation.

It is possible to continue having pain similar to menstrual pain for a few days: take over the counter pain medication if necessary.

Post abortion bleeding can continue for 3 to 4 weeks. **During the bleeding, avoid** intercourse, using tampons or a menstrual cup, swimming, and bathing in a bathtub **due to a risk of infection**. Menstrual cycle usually starts up 4 to 7 weeks after the termination, and it can be somewhat different from what you are used to. If new pregnancy is not desired, it is important to start using contraception immediately after the termination.

The length of the medical leave varies from patient to patient, but it is usually 2 to 5 days. There is no need for a routine follow-up appointment. If the pregnancy has been terminated due to fetal factors, you will receive a follow-up appointment to the maternity outpatient clinic and, if necessary, to the outpatient clinic of clinical genetics.

### **Possible complications and support**

Contact the hospital where your termination was performed if you experience heavy bleeding, lower abdominal pain, fever, or if the post termination 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.