

Avoid Aspirin. Although, if your abdominal cramps increase or you don't feel relieved by medication, get in touch with the family planning clinic (work days 8 a.m to 4 p.m.) or present yourself to the emergency department. It is also likely that you experience breast tenderness and you might even have a small milk production. If it happens, wear a good bra, avoid stimulating your breast and avoid hot showers. You could apply cold compresses.

3. Fever and shivers : If your body temperature is above 38,5°C, call the family planning clinic or your health care provider. You may develop a uterine infection (endometritis).

In order to minimise the risks of infection, we recommend that for two weeks after your abortion, you must refrain from sexual intercourse and vaginal showers, or tampons (or introduce anything in your vagina). Also, you cannot bathe in anything in a pool, in a bath, in a lake, in a spa, etc. You are authorized to take showers.

4. Birth control : If you have been prescribed methods contraceptive, start taking them the first Sunday after your abortion. Protection will only be effective after the 14th day. If you chose the intra-uterine device, the insertion could be just after the procedure or you can take an appointment with your health care provider, 4 to 6 weeks after abortion for a follow-up.

If you don't use birth control, you will be able to get pregnant immediately after abortion. If you don't use birth control, your next period will come 4 to 6 weeks after abortion.

5. Persistence of the pregnancy: You must take a urinary pregnancy test, four weeks after the intervention.

Date of pregnancy test : _____

Also, you must take an appointment with your health care provider or at the CLSC, four weeks after the abortion. Even if the technical intervention

has been done in the best conditions, the failure rate is 1 in a 1000 women, which means a persistence of the pregnancy may occur. If you have a least doubt after a week, get in touch with a nurse at the family planning clinic.

Take note that a pregnancy test may be positive up to three weeks after the intervention due to the presence of hormones in your body.

And then?

Most women feel relieved after an abortion. On the other hand, others may feel sadness, guilt and more. If you need psychological support, we want to help. Call us!

<p style="text-align: center;">Date and time of appointment</p> <p>With doctor : _____</p> <p>_____ at _____ h _____</p> <p>Time of insertion of Misoprostol <input type="checkbox"/> 1co <input type="checkbox"/> 2co</p> <p>_____</p> <p style="text-align: center;">Time to take Doxycyclin 100 mg</p> <p>_____</p> <p>_____</p> <p style="text-align: center;">Time to take Naproxen 500 mg</p> <p>_____</p>
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Centre intégré de santé et de services sociaux de Laval

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**Termination
of a pregnancy...
Everything you need to know**

**Family planning clinic
CISSS de Laval
Cité-de-la-Santé Hospital
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(voice mail)**

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Centre intégré
de santé
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de Laval

Québec 

Québec 

Abortion or elective pregnancy termination is a simple rapid and legal method which allows uterine evacuation.

At CISSS de Laval, Cité-de-la-Santé Hospital, we offer surgical termination pregnancy (dilation, evacuation and curettage) for pregnancy less than 14 weeks.

Pregnancy termination is a safe and secure method. Most women have proven not to have any complications after the procedure. Complications are rare but possible as for any other surgical procedure. Most women go through the procedure without any complication

FIRST VISIT

A few days or the day prior the intervention a nurse will support you throughout the different steps. She will discuss with you about your different options and birth control methods.

You will be able to let her know about any worries you have. If you feel the need, the support of a psychologist will be offered to you. During that visit, samplings will be collected and the doctor will proceed to a gynaecologic evaluation.

THE DAY OF THE INTERVENTION

You will have to insert one to two tablets of misoprostol (Cytotec) in your vagina about four hours before the intervention.

This medicine prepares your cervix and eases the procedure. Before inserting the tablets, you must be certain of your decision since it may be harmful to the fetus. This medication could cause miscarriage or fetal malformations. Some of misoprostol's side effects may include: bleeding, abdominal cramps, nausea, vomiting, diarrhea, dizziness, shivers and fever. If you feel abdominal cramps, you can take analgesic like acetaminophen (e.g. Tylenol) avoid tablets containing acetylsalicylic acid (e.g. Aspirin).

- A light breakfast is allowed.
- Present yourself, first floor "D bloc", Gynecology Outpatient Clinic.

For your comfort, you may bring a bath robe, slippers, sanitary pads, a book or a portable music player (iPod).

It is mandatory to bring a valid medicare card and your blue hospital card.

About an hour before the intervention, you will have to take one tablet of 100 mg Doxycyclin (antibiotic) and one tablet of 500 mg Naproxen (AINS).

You must be accompanied by a responsible adult in order to go back home.

The nurse will help you to get prepared and take your vital signs. She will install a small catheter on your arm to later be able to give you intravenous medication (a sedative and an analgesic).

THE VOLUNTARY INTERRUPTION OF A PREGNANCY (abortion)

There are three steps to the intervention:

1. Local anaesthesia of the cervix (Paracervical block).
2. Cervical dilation.
3. Evacuation and curettage.

1. The doctor will disinfect your cervix with antiseptic solution (iodine) before doing a minor local anaesthesia (paracervical block) at the level of the cervix.

2. She or he will then gradually dilate your cervix using dilators of different sizes to access the uterus with a small tube (cannula).

3. The cannula is inserted in the uterus for the evacuation of the intrauterine contents.

The doctor will then gently scratch the wall of your uterus to make sure there is nothing left (curettage).

The intervention lasts 5 to 10 minutes during which you will be accompanied by a nurse and the person of your choice.

You will then stay under observation for about an hour. Starting the next day you will be able to get back to your daily routine. About an hour after the intervention, you will have to take two tablets of 100 mg of doxycyclin.

POSSIBLE SIDE EFFECTS

- Abdominal cramping before, during and after the intervention. Medication will relieve your cramping.
- Blood loss resembling what you experience during your period which may last from 4 to 10 days.
- Nausea and vomiting.

POSSIBLE COMPLICATIONS

(less than 1% of risk)

The main risks would be a persistent pregnancy, perforation of the uterus, lacerations of the cervix, systemic reactions to the anaesthesia, infection and haemorrhage.

SOME POST OPERATIVE ADVICES

Here are a few post operative advice that may help you understand possible side effects of your abortion and to recognize complications that could arise.

1. **Bleeding:** Blood loss is normal and may last from 4 to 10 days after the intervention. Nevertheless, if you need to change your sanitary pad (Maxi night) every hour, contact the family planning clinic (work days 8 a.m. to 4 p.m.) or present yourself at Cité-de-la-Santé emergency department.
2. **Pain:** You may feel abdominal cramping up to 2 or 3 days after the intervention. Those cramps should quickly vanish within a few days following the intervention. You may use pain

killers such as acetaminophen (e.g. Tylenol)
or ibuprofen (e.g. Advil or Motrin).