



Updated 1-1-2022

## Medical Abortion.

The clinic offers medical abortion from 5th week to 8 full weeks (8 weeks 0 days) determined using an internal ultrasound scan.

You should expect 3-4 check-ups over 3-4 weeks in the event of a medical abortion. (See our guide to medical abortion here.

You do NOT need a referral from your own doctor to have an abortion.

You must be of legal age and have the yellow health card with you. If you are under 18, you must also have your parents with you.

It does not cost anything to have an abortion if you have the yellow health card.

You can usually get an appointment the same day you call, or the day after.

There are good parking conditions, as well as good public transport by bus and S-train.

### Here is guidance for medical abortion:

The abortion begins at your first visit to the clinic. You will have an ultrasound scan to see how far along you are in your pregnancy. In the case of a medical abortion, you must not be more than 8 weeks old. If you are more than 8 weeks old, we can offer surgical abortion under local anesthesia in the clinic or refer you to a public hospital to have it done under general anesthesia.

The abortion itself takes place by taking 1 tablet of Mifegyne. The tablet inhibits the action of the hormone progesterone, which is necessary to maintain pregnancy.

The pregnancy therefore perishes during the following days.

Some women get nausea from these tablets. Some women experience bleeding and pain over the next 2 days and this is not a sign of anything wrong. In case of very heavy bleeding, you may contact us or the nearest emergency room for counselling.

Once the tablets are ingested, it is too late to regret. It is necessary to carry out the rest of the treatment as Mifegyne may cause birth defects.

You get 4 tablets of Cytotec to take home. On the 3rd day after taking Mifegyne tablet, the 4 Cytotec tablets should be placed in the vagina, they should be placed as high up as possible.

Cytotec will cause contractions of the uterus so that it empties. This usually happens within the first 4-6 hours, but in some it can take longer. The tablets cause severe menstrual pain, bleeding and possibly nausea. You can take over-the-counter painkillers for the pain. (1 gram paracetamol together with 400 mg Ibuprofen) Some women are surprised that they bleed so much.

In about 2.5% of women who have a medical abortion, it may be necessary to perform a suction as with a surgical abortion if the uterus is not completely emptied after the medical abortion. It can be done under local anesthesia here in the clinic.

### Exclusion:

Women whose blood has difficulty clotting, women with severe asthma should not have a medical abortion.

We also do not offer if the pregnancy is more than 8 full weeks measured by ultrasound scan.



Women who are breastfeeding may have a medical abortion, but we recommend that the woman should not breastfeed for 24 hours after inserting the pill Cytotec in the vagina.

### **Bleeding:**

With a medical abortion, the bleeding is heavier than with normal menstruation, and it can last up to 2-3 weeks.

Usually, a sick note is not required. You will be able to take care of your work on the same day as taking mifegyne and 1-2 days after the discontinuation of cytotec.

### **It's normal:**

-that the bleeding is heavier than during menstruation, the bleeding can last up to 2-3 weeks.

-that there may be pain in the abdomen in the first 24 hours.

### **To avoid complications:**

Avoid bathing and swimming as long as you bleed.

Use pads and not tampons.

Wait to resume sexual life until the bleeding has stopped.

### **Seek medical attention if:**

The bleeding is significantly heavier than during a menstrual period.

You get increasing pain in the abdomen.

You get a fever over 38.5°.

### **After the abortion, thoughts and mood swings:**

It is normal for emotions to fluctuate a lot after an abortion. It can i.a. related to the hormonal changes that occur during the abortion. The body is exposed to a drastic change and must have time to adjust hormonally. There is nothing abnormal about you getting very upset and crying for no real reason or just feeling more easily depressed.

It can also be hard mentally to have to consider and make a decision about abortion. Even if abortion is the right solution for you.

However, the reactions are very different after an abortion. As I said, some women are very depressed, while others feel a great relief that it is over. Others may feel guilty for making this decision. They may become angry with themselves and / or their boyfriend / husband, have a bad conscience, etc.

Another woman may want the baby but can not overlook the situation, e.g. if she is in training.

Since pregnancy hormones are only slowly halved in the body, a regular urine pregnancy test can be positive for up to a month after the abortion.



**PLAN:**

Day 1:

\_\_\_\_\_ day the \_\_\_ / \_\_\_ 20. Taking 1 tablet Mifegyne

Day 3:

\_\_\_\_\_ day the \_\_\_ / \_\_\_ 20. If you place 4 tablets of Cytotec in the vagina, in the evening before going to bed, you may be able to take 1 g paracetamol and 400 mg ibuprofen ½ hour before.

Check-up at the Gynecological Clinic:

\_\_\_\_\_ day on \_\_\_ / \_\_\_ 20 :

\_\_\_\_\_ day on \_\_\_ / \_\_\_ 20 :

\_\_\_\_\_ day on \_\_\_ / \_\_\_ 20 :

Please note that cancellation / change of time must be made no later than the last working day before your time. If you are absent without cancelling, it costs according to the agreement with the health insurance kr.250.