



GYN-KBH.DK

Medical abortion instructions.

1. DAY - At the clinic:

On your first visit to the clinic, you must have a gynecological examination, an ultrasound scan and a swab for Chlamydia/Mycoplasma infection by one of our doctors or nurses.

The purpose is to determine how far along your pregnancy is and whether you are infected with Chlamydia/Mycoplasma.

You can receive medical treatment within the first 9 weeks of pregnancy. If you have diseases that increase the risk of bleeding, we cannot recommend medical treatment. If you are more than 9 weeks into your pregnancy, it will be safest to have a surgical abortion.

Once we have together found out which abortion will be optimal for you, a nurse will inform you about the practical and medical details. You must also sign a statement to the authorities. "Request for termination of pregnancy" – this is necessary for the clinic to carry out the procedure.

Before you go home, take 1-2 tablets. tablet Mifegyne a 200 mg, which you must swallow with a glass of water. It inhibits the pregnancy hormone "progesterone" and the pregnancy ends within 24 hours. It is then no longer possible to regret your decision to have an abortion. You may start bleeding in the days following, or not. This is normal.

For pain, a pain pack is given for the following days:

Paracetamol 500 mg which acts as a painkiller. You must take 2 tablets 4 times a day

Ibuprofen 400 mg which acts as a painkiller and inhibits inflammation in the uterus. You must take 1 tablet 4 times a day.

In addition, you will be given 4 vaginal tablets Cytotec a 0.2 mg.

2.DAY-Home:

The day after you have been to the clinic, the actual abortion will take place, we recommend that you start in the morning.

1. With a glass of water, take the painkiller pills as directed on the package.
2. Then you lie down in bed and insert the 4 vaginal tablets Cytotec á 0.2 mg, these are placed deep in the vagina and have a contracting effect on the uterus.
3. It is important that you stay lying down for the first hour, after which you can walk around as you wish. You can eat and drink normally.
4. After this, most people will miscarry within the next 4-6 hours, but for some the medicine does not work until up to 24 hours later.

The bleeding during a medical abortion will be heavier than normal menstruation, possibly with clots, and contractions of your uterus may cause mild to moderate pain. Even if the bleeding is heavy, it is extremely rare that any treatment is needed. Some women may feel discomfort in the form of nausea and malaise during the procedure, which can be bothersome, but not abnormal.

You should not be alone on the day of your abortion as bleeding, pain and nausea may occur, so it is good to have a helping hand if you feel uneasy or uncomfortable.

If you have not miscarried (heavy menstrual bleeding, often with clots) within 24 hours, you must contact the clinic for a check-up.

After a further 14 days, we will scan you here at the clinic.

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OVERLÆGE/SPECIALLÆGE I GYNÆKOLOGI

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