



Please watch our film on what happens when you choose to have an abortion at healthyrespect.co.uk/Pregnancy/Abortion. This factsheet provides specific local information and a bit more detail that we couldn't fit in the film.

So what happens at the assessment appointment?

This appointment can last up to a maximum 3 hours, and includes:

- Time to talk through your decision to have an abortion
- An ultrasound scan - to confirm how many weeks pregnant you are
- A self-test for STIs and a blood tests including HIV and syphilis
- Consent forms to sign
- Discussion about types of contraception available for the future
- Date for abortion - might be at the 1st appointment, but usually at a later date.

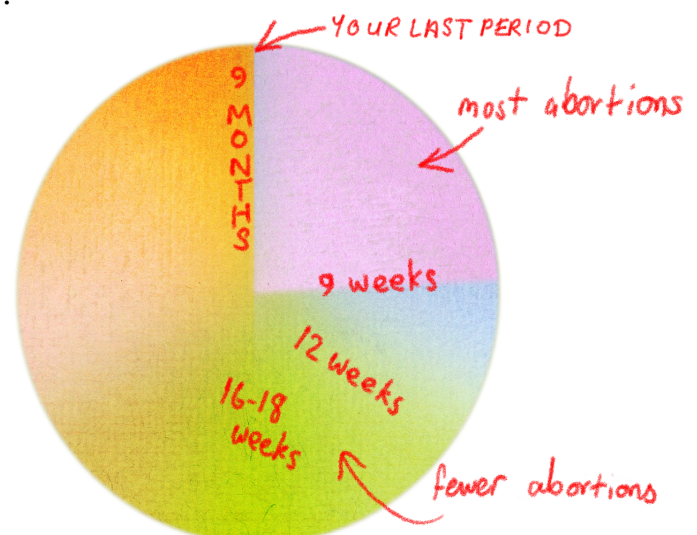
IMPORTANT: If you are under 16 you will always be admitted to hospital and will need a trusted adult to take you home. This will happen no matter how many weeks pregnant you are.

There are 2 types of abortion: **Medical and Surgical**. Early medical abortions can be managed at home. Surgical and later medical abortions take place in a hospital.

In Lothian these are Royal Infirmary of Edinburgh, St John's Hospital (medical & surgical) or Roodlands Hospital, Haddington (surgical only).

The most important thing to remember is that **TIME REALLY, REALLY MATTERS!**

The sooner you come in, the more options and control you have.



MEDICAL



SURGICAL



Early medical abortion at home (up to 9th week of pregnancy only)

This means nine weeks since your last period - not nine weeks since you last had sex.

First clinic visit

You will be given 1 tablet (mifepristone) to swallow. You can then go home. It is very unlikely that you would pass the pregnancy at this point.

Second clinic visit

1 to 2 days later, you will return to the clinic. 4 tablets of 'misoprostol' will be inserted into your vagina (or placed under your tongue for approx 30 minutes). You must have a trusted adult available to take you home and to stay with you. You will be given 24 hour contact support numbers. Two weeks later you will be asked to take a pregnancy test.

Early medical abortion at hospital

Some women choose to have an early medical abortion in hospital and some are advised to do so. You will be there for up to 6 hours after the misoprostol tablets have been put in the vagina. If you have not passed the pregnancy within 6 hours, you can go home with advice and 24 hour contact support numbers. Two weeks later you will be asked to take a pregnancy test.

Medical abortion between (9 and 10 weeks)

You will be admitted to hospital for up to 6 hours after the misoprostol tablets have been given. The same process as early medical abortion at hospital above applies here.

Medical abortion (10 to 20 weeks pregnancy)

You will be admitted to the hospital for treatment and will stay there until you have passed the pregnancy. You will be given the same tablets, but at this stage of pregnancy the abortion takes longer and it is common to experience pain and more bleeding. In most cases the treatment is over in one day but sometimes you may need to stay in hospital overnight.

Abortion after 20 weeks

If you are between 20-24 weeks pregnant and you wish to proceed with the abortion, you will need to be referred to a specialist clinic in England. The procedure and the travel to the hospital are paid for by the NHS.

Surgical abortion

(up to 12 weeks pregnancy)

This is available up to 12 weeks of pregnancy. This is an operation carried out in hospital under general anaesthetic. You will usually be able to go home on the same day. You should plan to be in the hospital for 4-8 hours.

You will take 2 tablets of misoprostol to place beneath your tongue, an hour or two before your operation. When you are asleep, the contents of the womb will be removed with a plastic suction tube. You will need to stay for at least 2 hours following your operation and you will need to have an adult to take you home.

What should I expect after an abortion?

- If you have had a general anaesthetic you will feel tired for a couple of days.
- You will probably continue to have some period-type pain for the rest of that day.
- You can expect to have some bleeding for up to 2 weeks.
- Don't have penetrative vaginal sex until your bleeding/discharge has stopped.
- Emotionally you can experience many feelings after an abortion. It is always important to seek help and support if you are feeling distressed about having had an abortion.

**Call Chalmers Sexual Health Centre on
0131 536 5700
and ask for an appointment for counselling.**