

MEDICAL ABORTION

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If you are a Danish resident, you have the right to an abortion until the end of the 12th week of gestation - counted from the first day of your last period. At Kvindeklivnikken we can assist abortions until the 8th week. Later than that or if you would like a surgical abortion, we must refer you to the hospital.

UNDER 18 YEARS OLD

You must have authorisation from your parents if you are less than 18 years old. If you do not want your parents to be informed of the pregnancy and the abortion and have valid reasons for it, you can get an exemption; for which we can help you apply.

NO NEED FOR REFERRAL

You do not need to be referred by your GP to get an abortion - simply call us and make an appointment.

Getting an abortion is a tough decision to make. In case you need any support, you must know it is possible to have a talk with your GP or the association "Sex and Society Prevention and Advice Clinic" (Sex og Samfunds Præventions- og Rådgivningsklinik) in Copenhagen. Additionally you can call the abortion hotline 48 39 48 48 every evening.

HOW DOES A MEDICAL ABORTION HAPPEN?

A medical abortion puts an end to a pregnancy with the help of drugs. To do so requires taking 2 different pills: **Mifegyne** and **Cytotec**. The first stalls the pregnancy and the second helps the uterus squeeze and empty itself. You will also get painkillers and we will make sure the whole pregnancy has

been bled out with an ultrasound 14 days later.

DAY 1

We will start with an ultrasound here at the clinic, to see the status of the pregnancy. We will then take a blood sample and might also determine your blood type. You can then take a Myfegyne tablet and the abortion will be under way. Once it has started, you must go through with the rest of the treatment as the drug can have congenital effects.

What about side effects?

Though there generally aren't any side effects of Myfegene, some women do experience bleedings, light period-like pains, or nausea. If you do get pains, we recommend taking two 500mg tablets of Paracetamol (Panodil, Pamol, Pinex).

Rhesus negative blood type

If your blood type is Rhesus negative we will give you an injection first to prevent you from forming antibodies in the event of a subsequent pregnancy.

DAY 2

The 2nd day is a break day.

DAY 3

On the 3rd day you must insert 4 Cytotec tablets into your vagina - for which we will offer you painkillers. The active substance of the pills will have been absorbed within 60 minutes, so it is not a problem if they start gliding out after that.

Bleeding generally starts a couple of hours later but can take up to 24h to begin. It will

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probably be a lot heavier than usual menstruation and contain clots.

You will get period-like pains as your womb starts to tighten. If you need more painkillers you can take a 400mg tablet of Ibuprofen (Ipren, Ibumetin, Burana) about 4h after the first. If necessary, you can also add two 500mg Paracetamol tablets up to four times a day.

If you bleed through several heavy night pads within 1h or if you do not bleed within 2-3 days of taking the Cytotec pills, call us on the first possible working day and we will give you an appointment the same day.

DAY 4-21

You can expect to bleed for 2-3 weeks, with waning strength after the first week. You might have period-like pains for the first few days after the abortion which, again, can be diminished with painkillers. To avoid pelvic inflammatory disease (PID) avoid bathing in a bathtub, swimming pool, or the sea, nor use tampons, as long you're still bleeding. You also ought to avoid intercourse and if you do, then use a condom. It's not necessarily required to take a day off work or school though you ought to take some rest the first couple of days.

WHO CAN I CALL WITH QUESTIONS?

You are welcome to call the Women's Clinic every weekday from 8.00 - 15.00 on 36 46 71 40.

Revised April 2020. To be revised on an ongoing basis and certainly no later than 1 April 2022, before in case of any significant changes.

CHECK-UP

To ensure the abortion has gone the way it should and that everything is well, we will do an ultrasound check at the clinic. This ultrasound scan is highly important and it is your responsibility to show up.

PREVENTION

Your next period will be 3-6 weeks after the abortion. You can get pregnant again within that time span, so it's important you use contraception. If you would like to take the pill, you must start on the day of the abortion (when taking the Cytotec pill). If you prefer an IUD you should talk to your doctor about it.

POSSIBLE COMPLICATIONS

Complications tend to be rare.

About 5% of women need to get a scrape because of excess bleeding or because the drug was insufficient.

As mentioned, there is also a risk of infection.

You should contact your doctor if you have:

- Persistent heavy bleeding
- Bleeding that continues after your next period
- A temperature over 38 degrees