

# MEDICAL ABORTION

## MEDICAL ABORTION

If you are a Danish resident, you have the right to an abortion until the end of the 12<sup>th</sup> week of gestation - counted from the first day of your last period. At Kvindeklivnikken we can assist abortions until the 8<sup>th</sup> 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 an abortion hotline called Mødrehjælpen on 33 45 86 00. You can read more about it here: [Mødrehjælpen abort](#)

## 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

Consultation at the clinic: A gynecological examination and ultrasound scan are carried out to assess how far along you are in the pregnancy. In addition, we will do a chlamydia swap test, and fill in a request for termination of pregnancy, if this is not already available from your own doctor. If the pregnancy is less than 8 weeks, the medical abortion can begin.

You will have 1 tablet of **Mifegyne**, which must be swallowed with a glass of water. Usually, you will not experience discomfort from the tablets, but some women start to bleed. Some get nausea and mild pain. If you vomit within 1 hour of taking Mifegyne, you must contact us. You will usually be able to go about your normal activities for rest of the day.

## DAY 2

The 2<sup>nd</sup> day is a break day.

## DAY 3

Abortion at home: On the 3<sup>rd</sup> day you must insert **4 Cytotec tablets** into your vagina. 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 probably be a lot heavier than usual menstruation and contain clots. You will get period-like pains as your womb starts to tighten.

**To reduce the pain, we recommend:**

- ❖ 2 x tablets of paracetamol (pamol, pinex, panodil) 500 mg every 6<sup>th</sup> hour maximum 4 times a day
- ❖ 1 x tablet of Ibuprofen (Ipren, Ibumetin, Burana) 600 mg can be repeated every 8<sup>th</sup> hour

You must swallow the painkillers when you have put the suppositories up. Approximately 80% abort within 4-6 hours after Cytotec, but it can take longer. The bleeding will most often be heavier than during normal menstruation and may be lumpy. It is important that you have an adult with you for the first day. It is too much if, for example, you bleed through several large night pads within an hour. If you have not started to bleed 2-3 days after you have prescribed Cytotec, you must call us the next working day and you will get 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 as 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.

**DAY 14**

The second consultation at the clinic: 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 because about 5% of women need to get a scrape because of excess bleeding or because the drug was insufficient. If this happens you will be admitted to the hospital for a scraping. This is done with short term anaesthesia.

**POSSIBLE COMPLICATIONS**

Complications tend to be rare. As mentioned, there is also a risk of infection.

You should contact us/ your doctor/GP or acute medical help at 1813 if you have:

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

**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.

**WHO CAN I CALL WITH QUESTIONS?**

You are welcome to call Kvindeklivningen during telephone hours on 36 46 71 40.

Revised September 2022. To be revised on an ongoing basis and certainly no later than September 2025, before in case of any significant changes.