

# GYNDOKTOR

SPECIALLÆGE DR. MED. PERNILLE DANNESKIOLD LASSEN

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## MEDICAL ABORTION

Medical abortion can be performed without a referral from your GP, provided you have a Danish civil registration number. Simply text the message “medical abortion”@ 9191 8484, and you will in most cases be contacted the same day. Alternatively, you can call the clinic during telephone hours. Our clinic performs the procedure until 8 gestational weeks. After that, you will be referred to the hospital.

### MEDICAL ABORTION IN SHORT

Medical abortion is induced medically by two types of medication. The pills are taken with an interval of approximately 24 hours. In most cases the procedure is done at home. Two weeks after the abortion a vaginal ultrasound is done to ensure that the pregnancy has been expelled.

### THE PROCEDURE IN DETAILS

Day 1: At the initial consultation a medical assessment and a vaginal ultrasound is done to determine the precise length of pregnancy. In many cases you will be offered a test for sexually transmissible infections (chlamydia). The name of the first pill is *Mifegyne* which is swallowed

with a glass of water. *Mifegyne* is an anti-hormone that blocks the effect of progesterone, which is essential to maintain pregnancy. In most cases you will not experience side effects from the medication, and you can go about your usual activities. Some women get nauseous and experience light pain and bleeding. If needed, you can take 1 pill of Ondansetron, which is an antiemetic. The pills will be prescribed upon request at the initial consultation and need to be bought at the pharmacy. The pills can be taken every sixth hour. If you vomit within an hour after swallowing *Mifegyne* you need to contact us.

Day 2: After approximately 24 hours 4 pills of Cytotec is placed deeply into the vagina. After the insertion you need to rest for approximately one hour to ensure absorption from the vaginal mucosa. Cytotec causes the cervix to soften and the uterus to contract to expel the pregnancy. After a few hours you will start bleeding, accompanied by menstrual cramps. General symptoms as fever, headache, dizziness and diarrhea have also been reported in few cases. Bleeding will be heavier than a normal period and there may be large clots. Pain is generally

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stronger than normal period pain. We recommend taking Panodil 1000 mg (2 pills) and Ipren 400 mg (2 pills) at the same time as you insert the vaginal pills. Painkillers can be repeated every 6<sup>th</sup>-8<sup>th</sup> hour the first days. After 4-6 hours the heavy bleeding usually settles to the level of your normal period, but it can take longer. If you have not started bleeding 2-3 days after the insertion of Cytotec please contact us.

Dag 3-13: In most cases bleeding lasts for 1-2 weeks, diminishing over time. The bleeding pattern after a medical abortion, however, is unpredictable, and some women have prolonged and irregular bleeding up to 4 weeks after the procedure. To reduce the risk of infection it is recommended that you avoid tampons, sex and swimming as long as vaginal bleeding is present. The need of a sick note is individual, but a day or two of rest or reduced activity is recommended.

Dag 14: At the follow-up consultation a vaginal ultrasound is performed to ensure that the procedure is complete, and the pregnancy has ended. Even though you have been bleeding with clots it is still important to do the ultrasound. Around 5

percent of women have pregnancy tissue remaining in the womb and about 1 percent still have an intact living pregnancy. In cases with remaining pregnancy tissue and prolonged bleeding additional pills of Cytotec is usually administered. Few patients end up with a surgical procedure to terminate the pregnancy.

## SIDE EFFECTS AND POSSIBLE RISKS

The most common side effects of medical abortion include heavy pain from uterine cramping and unpredictable, irregular or prolonged bleeding. Serious complications are rare. They include hemorrhage (strong, uncontrolled and continued bleeding) and infection needing antibiotic treatment. If you are bleeding heavily and feel weak or faint, or if you have fever of more than 38.5, you should seek medical assistance. If outside our office hours, the emergency medical helpline (1813) should be contacted.

## CONTRACEPTION

Your next period can be expected 3-6 weeks after the medical abortion and will in many cases be heavier than your normal bleeding. It is possible to become

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pregnant in that period . Birth control pills should be started the day of the insertion of Cytotec. An IUD can be inserted at the end of the first period after the abortion.

### PRICE FOR PATIENTS WITHOUT A REFERRAL FROM THEIR GP

.....670 euro

### PAYMENT

You can pay with Mobile Pay or cash in the reception. Unfortunately, credit cards are not accepted. Foreign patients can transfer to IBAN account number DK 7690701633 002904 with beneficiary bank SWIFT code VRSPDK22. In case of bank transfer, payment should be received by the latest two days before the consultation. You will receive an invoice in the clinic.