

Abortion

Information, resources, and access in Northern Ontario



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First day of last menstrual period (LMP):

Positive urine pregnancy test date:



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Ultrasound may be necessary if:

- LMP is uncertain
- LMP was more than 70 days ago
- Ectopic pregnancy is suspected
- Risk factors for ectopic pregnancy

Medication abortion



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Day 1: Take anti-progesterone tablet (Mifepristone 200 mg) orally

Day 2: Take prostaglandin tablet (Misoprostol 800 mcg) buccally (2 tablets in each cheek pouch for 30 minutes, then swallow)

Expectations: Painful uterine cramping, heavy vaginal bleeding, passage of tissue +/- nausea, diarrhea, headache

- Vaginal bleeding is heaviest on day 1 and 2, and decreases over 2 weeks

Seek medical attention if you develop a fever $\geq 38^\circ\text{C}$ for more than 3 hours, soak through 1 pad/hour after initial 6 hours, or experience uncontrolled pain

Procedural abortion



Dilation: Provider will insert a “dilator” wand into your cervix to gently stretch open your cervical opening.

Curettage: provider will insert a “curette” tube into your cervical opening and gently suction to empty the contents of your uterus.

Which method is best for me?

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	Medication abortion	Procedural abortion
Location:	Home	Hospital
Consciousness:	Aware	Under anesthesia/sedation
Duration of bleeding:	Heavier & longer	Lighter & shorter
Effectiveness:	98%	>99%

Support

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**Action Canada
(Planned Parenthood Canada)**

1.888.642.2725

ActionCanadaSHR.org



AbortionSupportCollective.ca

PregnancyOptions.info

Accessing abortion

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Virtual medical abortion clinic: CircleOfCareHealthConnections.com

Locate a provider: ChoiceConnect.ca

Visit a physician or nurse practitioner at **any medical clinic** for (a) prescription for a medication abortion, or (b) referral for procedural abortion



Call **Options Clinic** at Health Sciences North 1.705.671.5265

Adapted from:

Canadian Protocol for the Provision of Medical Abortion, 2020.

Induced Abortion: Updated Guidance During Pandemics and Periods of Social Disruption, 2020.

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