

Abortion Choices: Medical and Procedural

	Medical abortion (Mifegymiso)	Procedural abortion (uterine aspiration procedure or D&C)
How it works	<ul style="list-style-type: none"> Your pregnancy must be 9 weeks (63 days) or less, counting from the first day of your last normal menstrual period. You take 2 medications. The pregnancy will end and the uterus will push out the tissue (like a miscarriage). The first pill stops the pregnancy. The second pills are taken 24 to 48 hours (1 to 2 days) later, at a time when you can rest for at least 3 to 4 hours. 	<ul style="list-style-type: none"> Your pregnancy must be 15 weeks and 6 days or less, counting from the first day of your last menstrual period. A doctor will gently open your cervix (the opening to your uterus) with dilators (like those used during a PAP exam) that slowly open. A cannula (straw-like tube) is inserted through the cervix into the uterus. Gentle suction (like a vacuum) is used to remove the pregnancy from the uterus. The procedure usually takes 5 to 10 minutes.
Advantages	<ul style="list-style-type: none"> High success rate (95 to 98%). The pregnancy tissue is pushed out within 24 hours of taking the second pills in 90% of women. It is more private, since it is done at home. You can choose to have someone with you for support. Can be used very early in pregnancy. Similar to a natural miscarriage or a heavy menstrual period. 	<ul style="list-style-type: none"> High success rate (over 99%). Only needs 1 Clinic visit. Procedure is finished within minutes. Sedation (medication to help you relax) can be used if you wish. Can be used early or later in pregnancy.

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Disadvantages	<ul style="list-style-type: none"> • Cramping may be very painful. • About 2 to 5% of people will also need a procedural abortion after medical abortion. • Bleeding after a medical abortion may last longer than after procedural abortion. • You may see large blood clots and pregnancy tissue. • Needs 2 appointments. • You may not know if the abortion worked until your blood test, 1 to 2 weeks later. • Risk of continued pregnancy is less than 1 in 200 people. 	<ul style="list-style-type: none"> • Medical instruments enter your uterus. • May feel less private because it is done in the Clinic. • You cannot have someone with you for support, since only patients are allowed in the Clinic. • You must have someone drive you home from the Clinic.

Questions

- For more information, call the self referral line toll-free at 1-833-352-0719 or visit:
 - › www.nshealth.ca/abortion

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.